

Department of Recreation and Parks



City of
Rockville
Get Into It

Recreation Guide

Winter 2015-16

**See Page 2
For Winter
Registration Dates**

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www.rockvillemd.gov/recreation • 240-314-8620

Connect • Create • Celebrate



Basketball with Friends Gingerbread House Creations Achieving Fitness Goals

We're here to help you connect, create and celebrate life in Rockville. We contribute to a high quality of life by connecting citizens and visitors of Rockville with exceptional parks and extraordinary recreational opportunities. These services provide the foundation for physical, social, economic and environmental viability and the well-being of the community.

Welcome to Rockville Recreation and Parks.

Stay connected:

Rockvillemd.gov/recreation • 240-314-8620



Twitter.com/rockvillerec •



Instagram.com/rockvillerec

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**Senior and Swim Member program
registration begins December 1.
Winter registration begins December 3.**



*Children enjoy arts and
crafts class at a Rockville
preschool program.*



Holiday Open House Series

Glenview Mansion

Rockville Civic Center Park
603 Edmonston Drive, Rockville, MD 20851
Share in community spirit and friendship this holiday season!
Enjoy decorations contributed by community organizations and musical performances by local ensembles.

Musical performances held at 1:15 p.m., 2:15 p.m. and 3:15 p.m. on December 6, 13 and 20

SUNDAY, DEC. 6
Art Gallery Opening Reception
Rockville Art League Juried Members Show Awards Ceremony, 2nd Floor, 2 p.m.
Rockville Singers, 1:15 p.m.
Victorian Lyric Opera Compnay, 2:15 p.m.
Capital Accord Chorus, 3:15 p.m.

SUNDAY, DEC. 13
Children's Sunday with Santa and Mrs. Claus
Enjoy a day with Santa and Mrs. Claus. Participate in fun crafts and activities.
The Heavenly Handbells of Trinity Lutheran Church, 1:15 p.m.
Heart of Maryland Chorus, 2:15 p.m.
Watkins Mill High School Chamber Singers, 3:15 p.m.

SUNDAY, DEC. 20
Music and Merriment
Richard Montgomery High School Madrigals, 1:15 p.m.
The Encore Singers, 2:15 p.m.
Harmony Express, 3:15 p.m.

SUNDAY, DEC. 27
Decorated Glenview Mansion and Art Gallery
Open to visitors, 1-4 p.m.

ALL EVENTS FREE
OPEN TO THE PUBLIC
240-314-8660
www.rockvillemd.gov/glenview
Recorded Directions: 240-314-5004

Rockville Earns National Recognition for Healthy Initiatives

Let's Move! Rockville achieved gold medals in all five categories and was recognized by the National League of Cities.

Playful City USA - The city was recognized as a leader in providing all children easy access to balanced and active play.

Rockville's Mayor and Council passed a resolution to be a **Healthy Eating Active Living** community, encouraging healthy living among residents and employees.



What's Happening in Rockville?

Have a list of Rockville's weekly events delivered to your email, every Thursday.

- Recreation and Parks programs
- Special events
- Important meetings and more ...

Sign up today and look to the week ahead.

www.rockvillemd.gov/thisweek

Tots/Preschool

We love parents . . . but in order to assist us in offering a quality programs for your preschooler, we ask that you do not remain at the class unless it is otherwise stated in the description. Experience has shown that preschoolers are easily distracted with parents/guardians in the room. Note: Classes with low enrollment will be cancelled 7-10 days prior to first class. Register early to avoid cancellations. **For holidays and no class dates, see <http://rockenroll.rockvillemd.gov>. Enter course number to view course details.**

Arts, Dance and Enrichment

Abrakadoodle Twoosy Doodlers

This is a special art class just for toddlers and parents (or helpers). Little fingers will experiment with paints, glue, printing and creating while developing fine motor, language and self-help skills. Each session has new activities. Note: \$24 non-refundable material fee due to instructor at first class.

Age: 20-36 mo

53122 W 1/27-3/16 10-10:45 AM \$120/\$129
Twinbrook CRC/Abrakadoodle

54014 Th 1/28-3/17 11-11:45 AM \$120/\$129
Thomas Farm CC/Abrakadoodle

Little Fingers Piano Parent/Child

Students will be introduced to instrumental music through a group learning experience. Children will be introduced to musical symbols and play songs in a relaxing and age appropriate environment. The objective of these classes is to introduce children to music and specifically their respective instruments in order to promote a love of music and desire to have music in their lives in a meaningful and productive way. Program includes FREE instrument rental and materials - NO materials fee. Rental agreement must be signed - rental must be returned at the last scheduled class of the session.

Age: 2-5

53154 Sa 1/30-3/5 9:30-10 AM \$120/\$129
54018 Sa 1/30-3/5 10:15-10:45AM \$120/\$129
Twinbrook Community Rec. Center Annex/Learn Now Music



Little Stars!

Introduce your little ones to the wonderful world of arts education in this theater class. These young minds will exercise their creativity and imaginations through music, movement, storytime, acting games and art. Each week they will have a mini-art project to take home that relates to the class theme. Note: \$20 materials fee is due at first class. 8 classes

Age: 2-3

53155 Sa 1/23-3/12 9:30-10:15 AM \$105/\$115
Thomas Farm CC/CARE Actor

Music Together (Adult/Child)



Nurture your child's natural enthusiasm for music and movement through singing, dancing, chanting and instrument play. Children have an innate ability to learn music as language. Fee includes two Music Together trademark CDs, illustrated songbook and parent education materials. Cost of materials is non-refundable. Sibling fee is \$120. Siblings under 8 months may attend for free (no registration necessary). Fax, mail or walk-in your registration for siblings 9 months and older to receive a discount. Adult participation required.

Age: 1 mo-5 yr

53156 W 1/6-3/9 9:30-10:15 AM \$189/\$210/\$120
53157 W 1/6-3/9 10:30-11:15 AM \$189/\$210/\$120
Thomas Farm CC/Liddle

Age: 1 mo-5 yr

53158 Th 1/7-3/10 9:30-10:15 AM \$189/\$210/\$120
53159 Th 1/7-3/10 10:30-11:15 AM \$189/\$210/\$120
Elwood Smith RC/Winkler

Like us on Facebook

City of Rockville Farmers Market
Croydon Creek Nature Center
Fitzgerald Theatre Rockville
Rockville Seniors
City of Rockville Sports Leagues



Tots/Preschool

Pre-Ballet



Introduce your child to dance, movement and basic ballet techniques. Rhythm, coordination and fun are emphasized. Ballet shoes, loose-fitting clothing or leotards and tights are recommended but not required. Ballet barres are provided at Rockcrest Ballet Center.

Age: 3-4
53164 Sa 1/23-3/12 10-10:45 AM \$82/\$92
Twinbrook CRC/Simpson

Age: 3-4
53166 Sa 1/9-2/13 11-11:30 AM \$65/\$69
53167 Sa 1/9-2/13 11:45 AM-12:15 PM \$65/\$69
Thomas Farm CC/Kwong

Age: 3-4
53169 Sa 1/23-3/19 10-10:45 AM \$82/\$92
53170 W 1/20-2/24 10:30-11:15 AM \$72/\$82
Rockcrest Ballet Ctr./ Chongpinitichai/Langdon

Age: 4-5
53165 Sa 1/23-3/12 11-11:45 AM \$82/\$92
Twinbrook CRC/Simpson

Age: 4-5
53168 Sa 1/9-2/13 10-10:45 AM \$72/\$82
Thomas Farm CC/Kwong

Pre-Ballet Dansez Dansez!



Classes are taught in French (translated in English). Basic steps are broken down into small components. Develop poise, self-confidence, good posture, coordination and balance. Tights, leotard and ballet slippers required.

Age: 2-5
53171 Th 1/28-3/17 4:15-4:45 PM \$95/\$110
Thomas Farm CC/Philippe

Tiny Tots Winter Wonderland



Preschool children and adults are invited to a holiday celebration. The fun includes a special visit from the North Pole, play equipment in the gym, crafts, games and a light snack.

Adult
53391 Tu 12/8 10 AM-12 PM \$0/\$6/\$8

Child
53392 Tu 12/8 10 AM-12 PM \$2

Tiny Tots Valentine's Celebration

This special event is designed for young children and an adult. Children can enjoy a morning of holiday fun with crafts, games and refreshments. Pre-registration is not required, however, is encouraged. Children cannot be registered through Rock Enroll. Call 240-314-8840.

Adult
53393 Tu 2/9 10 AM-12 PM \$0/\$6/\$8

Child
53394 Tu 2/9 10 AM-12 PM \$2
Thomas Farm CC

Fitness and Wellness

We recommend bringing a water bottle to all fitness programs.

Funfit Tots (Adult/Child)

Enjoy non-stop fun with active games, songs, parachute play, balls and creative movement. Develop self confidence, motor skills, socialization and reinforce cognitive learning. All abilities welcome. Children must be walking.

Age: 1-2
53231 F 1/22-3/11 10:15-11 AM \$96/\$110
Thomas Farm CC/Funfit Staff

Age: 2-3
53233 F 1/22-3/11 11-11:45 AM \$96/\$110
Thomas Farm CC/Funfit Staff

Tiny Tigers



Help your child improve his or her concentration and attention span. Enhance motor skills including balance, agility and coordination while developing sharing and social skills in a safe, fun-filled atmosphere. Fee includes uniform for first time students. Age 3-4.

Age: 3-4
53286 M & W 1/25-2/24 6-6:30 PM \$99/\$109
53287 Tu & Th 1/26-2/25 4-4:30 PM \$99/\$109
Kicks Karate/Staff

Tots/Preschool

Time for Toddlers



Monday Morning Moms

Mondays, 10 a.m.-Noon

Parents and preschoolers enjoy play equipment in the gym.

Twinbrook Community Recreation Center
240-314-8830

Tiny Tots Drop-In

Tuesdays, 10 a.m.-Noon

Winter Wonderland, Dec. 8; #53391 & 53392

Tiny Hearts, February 9 - #53393 & 53394

Thomas Farm Community Center
240-314-8840

Toddler Time

Wednesdays, 10 a.m.-Noon

Parents and preschoolers enjoy play equipment in the gym.

Lincoln Park Community Center
240-314-8780

Nature Tots

Select Thursdays and Saturdays

10-11:30 a.m.

(Advanced registration required)

Croydon Creek Nature Center
240-314-8770



**Sign up for City of Rockville
Emergency Notifications**



rockvillemd.gov/alerts



The Alert Rockville notification system relays up-to-the-minute messages to subscribers about public safety, severe weather and traffic.

Signing up is EASY!

1. Create a username and password.
2. Choose the types of alerts you want to receive.
3. Choose and prioritize your preferred method(s) of delivery – text, phone, email.
4. Enter your information - mobile phone number, home phone number, email.
5. Enter up to five locations.

**For more information and to sign up,
visit www.rockvillemd.gov/alerts.**



Public Safety • Severe Weather • Traffic

Donate to our COAT DRIVE

DEC. 28 **THROUGH** JAN. 6

Lincoln Park Community Center has teamed up with Burlington Coat Factory for their 9th Annual One Warm Coat Drive. Drop off coats (any size new or gently used) from Monday Dec. 28-Wednesday Jan. 6.

* 240-314-8780

www.rockvillemd.gov/lpcc



Burlington
coat factory

Drop Off Locations

Lincoln Park Community Center
357 Frederick Ave.



Rockville City Hall
111 Maryland Ave.



* **Rockville Police Station**
2 W. Montgomery Ave.



* **Rockville Swim and Fitness Center**
355 Martin's Ln.

Thomas Farm Community Center
700 Falls Grove Dr.

Twinbrook Community Rec. Center
12920 Twinbrook Pkwy.

If your company or organization would like to support the coat drive either with donated coats or a financial contribution, contact Yvette Yeboah, LPCC supervisor, at lpcc@rockvillemd.gov or 240-314-8783.

visarts
AT ROCKVILLE

School's out, but VisArts is open!

Winter Craft Days

December 28, 29, 30, 31, 2015

January 18, 25, 2016

February 15, 2016

Come in for a full day of winter fun
8:30 am - 5:00 pm

Craft Day includes ice skating in
Rockville Town Square and winter themed projects.
Lunch and snacks provided.



Register at:
www.visartsatrockville.org

VisArts
155 Gibbs Street, Rockville, Maryland
301-315-8200



Tots/Preschool

Sports - Instructional

We recommend bringing a water bottle to all sports programs.

Coach Doug Basketball



Kick off your child's basketball experience the Coach Doug way. Coach Doug covers fundamental skills, rules and playing strategies in a fun and friendly environment with emphasis on building techniques and self-confidence. No adult participation required.

Age: 3-6

53911 Su 1/10-3/6 9:15-10 AM \$69/\$79
Thomas Farm CC/Wilson

Age: 3-6

53992 W 1/20-3/9 11:30 AM-12:15 PM \$79/\$89
Twinbrook CRC/Wilson

Age: 3-6

53993 W 1/20-3/9 1:15-2 PM \$79/\$89
Thomas Farm CC/Wilson

Coach Doug Wee Wanna Be (Adult/Child)

Which sports players do your kids pretend to be? This class builds self-esteem and confidence as children are taught sports through supervised, non-competitive play sessions. Each child participates at his/her own pace. Sports change each season. Adult participation required.



Age: 2-5

53300 Su 1/10-3/6 10:15-11 AM \$69/\$79
Thomas Farm CC/Wilson

**When you're in Rockville,
you're in the:**



**Respect for yourself.
Respect for others.
Responsibility for your actions.**

City of Rockville Department of Recreation and Parks
www.rockvillemd.gov/Rzone



Little Tennis Aces



Learn to play tennis with your youngster using smaller nets and larger softer balls. A variety of age appropriate activities will be used to develop the child's skills for tennis. Have fun and participate with your child at the same time! Rackets are provided. Adult participation required.

Age: 4-5

53245 Su 1/24-3/6 11:10-11:55 AM \$69/\$79
Thomas Farm CC/Z. Yargici

Tiny Hoopers



You're never too young to start playing basketball. This program will teach your little one sportsmanship, teamwork and the fundamentals needed to play the game.

Age: 4-6

53995 Tu 2/2-3/8 5:30-6:15 PM \$60/\$70
Lincoln Park CC/Dawkins

Tiny Tykes Basketball



Your little one will enjoy some exercise and fun and learn the basics of basketball: dribbling, passing and shooting. Socialization, teamwork and good sportsmanship will be emphasized.

Age: 4-5

53960 Sa 1/23-3/5 5:30-6:15 PM \$59/\$69
Twinbrook CRC/Hawkins

Party Time!

Theme Parties

Croydon Creek Nature Center

www.rockvillemd.gov/croydoncreek
240-314-8770

Gymnasiums

Lincoln Park Community Center

www.rockvillemd.gov/lpcc
240-314-8780

Thomas Farm Community Center

www.rockvillemd.gov/thomasfarm
240-314-8840

Twinbrook Community Recreation Center

www.rockvillemd.gov/twinbrook
240-314-8830

Outdoor Rentals

(April 1 - Oct. 31)

Lincoln Park Community Center

www.rockvillemd.gov/lpcc
240-314-8780

Thomas Farm Community Center

www.rockvillemd.gov/thomasfarm
240-314-8840

Rockville Park Picnic Areas

www.rockvillemd.gov/parks-facilities
240-314-8660

Multi-Purpose Rooms

Croydon Creek Nature Center

www.rockvillemd.gov/croydoncreek
240-314-8770

Elwood Smith Recreation Center

www.rockvillemd.gov/parks-facilities
240-314-8660

Glenview Mansion and Fitzgerald Theatre Social Hall

www.rockvillemd.gov/glenview
www.rockvillemd.gov/theatre
240-314-8660

Lincoln Park Community Center

www.rockvillemd.gov/lpcc
240-314-8780

Pump House Community Center

www.rockvillemd.gov/parks-facilities
240-314-8660

Rockville Senior Center

www.rockvillemd.gov/seniorcenter
240-314-8800

Rockville Swim and Fitness Center

www.rockvillemd.gov/swimcenter
240-314-8750

Thomas Farm Community Center

www.rockvillemd.gov/thomasfarm
240-314-8840

Twinbrook Community Recreation Center

www.rockvillemd.gov/twinbrook
240-314-8830

Children

A message for parents . . . We require, for most programs, that children are the required age as of the date of the first class. All age requirements are set to benefit the child and allow for more consistent program instruction. In some instances, the requirements have been set for the child's safety. If your child does not meet the age requirements by the start of class and you would like to request an exception, please fax, mail or walk-in your child's registration form. Note: Classes with low enrollment will be cancelled 7-10 days prior to first class. Register early to avoid cancellations. **For holidays and no class dates, see <http://rockenroll.rockvillemd.gov>. Enter course number to view course details.**

Arts, Dance and Enrichment

Ballet for Children

Learn the art of ballet through an elementary but professional approach. Register for the appropriate level which may be changed at the discretion of the instructor. Solid color leotard and ballet shoes recommended. Children should remain in Beginner for two years, then move on to Intermediate for four years before progressing to Advanced. Students with demonstrated proficiency are encouraged to perform with the Rockville Civic Ballet. Those previously enrolled at the RBC should register for the same class. Participants registering for two or more classes may apply a \$5 discount. Register by mail, fax or walk-in to receive a discount. See Teen section for more classes. Participants may register for the Annual Student Ballet Performance scheduled for June 4. Participants will receive registration information during winter session..

Young Beginner - Age: 5-7

53135 Tu 1/26-5/31 5:15-6:15 PM \$179/\$189
Twinbrook CRC/Chongpinitchai

Young Beginner - Age: 5-7

53134 Sa 1/23-5/28 11 AM-12 PM \$179/\$189
Rockcrest Ballet Ctr./Chongpinitchai

Beginner - Age: 6-12

53136 Sa 1/23-5/28 12:15-1:15 PM \$179/\$189
Rockcrest Ballet Ctr./Chongpinitchai

Beginner Plus - Age: 6-13

53133 F 1/22-6/3 5:45-6:45 PM \$189/\$199
Rockcrest Ballet Ctr./Simpson

Intermediate I - Age: 7+

53132 F 1/22-6/3 4:45-5:45 PM \$189/\$199
Rockcrest Ballet Ctr./Simpson

Intermediate II & III - Age: 8+

53128 M 1/25-5/23 4:45-5:45 PM \$149/\$159
Rockcrest Ballet Ctr./Simpson

Intermediate III & IV Ballet - Age: 9+

53130 W 1/20-6/1 4:45-5:45 PM \$189/\$199
Rockcrest Ballet Ctr./Simpson



DANCE IN THE ANNUAL

Student Ballet Performance

Children and teens participating in ballet classes are eligible to register for the Annual Student Ballet Performance. (Pre-Ballet registrants not included.) The performance is scheduled for June 4 at 12 p.m. at the F. Scott Fitzgerald Theatre. Fee and registration information will be emailed to class participants in January.



Children

Dramatic Kids!

This theater arts class provides plenty of fun and laughter as children learn improvisational techniques and social skills. Actors will convey their theatrical know-how and expertise through artistic expression by employing dramatic techniques, scene and monologue study. There will be a presentation on the last day of class.

Age: 7-11

53405 Sa 1/23-3/12 10:30-11:30 AM \$110/\$120
Thomas Farm CC/CARE Actor

Before and After School Enrichment

After School Adventure

This afternoon program provides children with a safe and fun environment. Computer lab, crafts, organized games and other enrichment activities are offered. Transportation is available from Meadow Hall ES and Twinbrook ES. The program does not meet on MCPS non-school or early release days.

Age: 5-11

53968 M-F 1/11-2/19 3:30-6:30 PM \$145/\$165
53969 M-F 2/22-3/25 3:30-6:30 PM \$145/\$165
Twinbrook Community Rec. Center Annex

Clubhouse

This drop-in, afterschool program is designed for children to spend time learning, creating and exploring. Van transportation is provided from Maryvale ES. All other local school students are transported by MCPS request. Homework time, snack, crafts and games are scheduled daily. Field trips and special events are held throughout the year. OASIS: CATCH Healthy Eating Habits has teamed up with LPCC to provide a unique nutrition and physical activity program weekly to each participant. Clubhouse is not held on MCPS non-school days but is open on half days. Note: All children must be picked up by 6:30 p.m. Extra charges will apply for late pick ups.

Grade: Up to 5

53997 M-F 1/11-2/19 3:30-6:30 PM \$95/\$135
53998 M-F 2/22-3/25 3:30-6:30 PM \$95/\$135
53999 M-F 4/4-5/13 3:30-6:30 PM \$95/\$135
54000 M-F 5/16-6/17 3:30-6:30 PM \$95/\$135
Lincoln Park CC/Chase



Early Birds

This morning program offers children a safe and fun environment. Computer lab, crafts, organized games and other enrichment activities are offered. Transportation is provided to Twinbrook ES. The program does not meet on MCPS non-school days. Note: Optional daily drop-in is available for a \$10 daily fee.

Age: 5-11

53971 M-F 1/11-2/19 7-9:30 AM \$115/\$125
53972 M-F 2/22-3/25 7-9:30 AM \$115/\$125
Twinbrook Community Rec. Center Annex

Twinbrook After School Club

Join us after school for activities that focus on recreation, fitness and fun. Homework help is included and a healthy snack is provided daily. The Club will meet on MCPS early release days but will not be held on non-school days. Scholarships are available for qualified City residents. Call 240-314-8620 for additional scholarship information.

Age: 5-13

53407 M-F 1/11-2/19 3:30-6:30 PM \$145/\$165
53408 M-F 2/22-3/25 3:30-6:30 PM \$145/\$165
53409 M-F 4/4-5/13 3:30-6:30 PM \$145/\$165
53410 M-F 5/16-6/17 3:30-6:30 PM \$145/\$165
Twinbrook ES

**Worried about
the weather?
Call the Rec Line at
240-314-5023.
Select #1 for class
status**



Children

Hip-Hop Dansez! Dansez!



Keep movin' and havin' fun! Learn basic hip-hop choreography with a low impact workout with easy-to-learn steps to the latest music. Wear jazz shoes, dance slippers or sneakers.

Age: 5-8

53149	Th	1/28-2/18	5:5-5:45 PM	\$45/\$52
53150	Th	2/25-3/17	5-5:45 PM	\$45/\$52

Thomas Farm CC/Philippe

New! LNM Group Drum Experience

Budding musicians will participate in instrument-specific musical instruction and theory as well as musical games, special extension curriculum based activities, musical listening excerpts, related projects and more! Each student will be issued a FREE rental instrument & materials to borrow for the duration of the class; materials are intended for at-home practice, as well. Instruments must be returned at the end of the program on the last scheduled class day.

Age: 5-12

54002	Sa	1/30-3/5	11 AM-12 PM	\$169/\$179
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Twinbrook Community Rec Center Annex/Learn Now Music

New! LNM Group Piano Experience

Budding musicians will participate in instrument-specific musical instruction and theory as well as musical games, special extension curriculum based activities, musical listening excerpts, related projects and more! Each student will be issued a FREE rental instrument & materials to borrow for the duration of the class; materials are intended for at-home practice, as well. Instruments must be returned at the end of the program on the last scheduled class day.

Age: 5-12

54003	W	1/20-2/24	5-6 PM	\$169/\$179
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Thomas Farm CC/Learn Now Music

RockvilleRec is on Twitter

Follow us for updates, new class information and the latest in rockville Recreation programs and services. Follow @RockvilleRec.

Log on and join!
www.twitter.com

Fitness and Wellness

We recommend bringing a water bottle to all fitness programs.

Judo for Kids



Discover a Japanese martial art which teaches self-control, respect, manners, balance and coordination. Learn a new activity and get moving. Wear loose fitting comfortable clothes.

Age: 5-7

53989	Th	1/14-3/10	5-6 PM	\$59/\$69
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Twinbrook CRC/Hocde

Karate - Tang Soo Do Youth



This program is designed specifically for beginners and can help your child improve self-discipline, develop better concentration and improve academic performance. Fee includes uniform for first time students.

Little Ninjas - Age: 5-7

53238	M & W	1/25-2/24	(M) 5:30-6:10 PM (W) 4:00-4:40 PM	\$99/\$109
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53239	Tu & Th	1/26-2/25	5:55-6:35 PM	\$99/\$109
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Kicks Karate/Staff

Youth - Age: 8-12

53240	M & W	1/25-2/24	(M) 3:45-4:30PM (W) 4:30-5:15PM	\$109/\$119
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53241	Tu & Th	1/26-2/25	6:30-7:15 PM	\$109/\$119
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Kicks Karate/Staff

Kids Fit Yoga

Did you know that in addition to improving strength, flexibility and body awareness, yoga can help increase focus and concentration? And if you're looking for cross-training for other sports, this class can help with injury prevention as well as improve neuromuscular coordination. Beginning and experienced students welcome.

Age: 8-12

53782	Sa	1/2-2/13	10:15-11 AM	\$86/\$99
53783	Sa	2/27-4/16	10:15-11 AM	\$86/\$99

Rockville Swim and Fitness Center/Groman

Children

Parent/Child Fitness

With a focus on functional movement, this class for parent and child will use games to work on strength drills alternated with cardio intervals for a total body blast.

Age: 5+

53784	W	1/6-2/17	4:30-5:30 PM	\$56/\$65
53785	W	2/24-4/13	4:30-5:30 PM	\$56/\$65

Rockville Swim and Fitness Center

Taekwondo for Kids

This class combines martial arts and fun activities that will help your child learn self-defense, improve their confidence and self-discipline. We will cover basic kicks, blocks, strikes and self-defense techniques. Taught by a World Taekwondo Federation certified 3rd degree Black Belt.

Age: 6-11

53791	Su	1/3-2/14	2:30-3:30 PM	\$70/\$81
53792	Su	2/28-4/17	2:30-3:30 PM	\$70/\$81

Rockville Swim and Fitness Center/Fumagalli

Tumbling and Tramp

Students will learn a variety of tumbling skills from forward rolls to back handsprings and will progress to more difficult moves as skills are mastered. Trampoline skills including proper jumping and landing, seat drops and straddle and tuck jumps will also be taught.

Age: 4-6

53290	F	1/22-2/26	4:30-5:30 PM	\$69/\$79
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Age: 7-12

53291	F	1/22-2/26	6-7 PM	\$69/\$79
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Xtreme Acro and Cheer/Staff

Zumba Fit-Kids

Zumba Fit is a fun and effective cardio dance workout that includes exercises designed to strengthen the entire body. While intended as an introduction to the easy Latin and international inspired program, this high energy/low impact class has something to offer all fitness levels.

Age: 7-12

53793	Sa	1/2-2/13	12-12:45 PM	\$56/\$65
53794	Sa	2/27-4/16	12-12:45 PM	\$56/\$65

Rockville Swim and Fitness Center/Manzano

Sports - Instructional

We recommend bringing a water bottle to all sports programs.

Basketball Skills - Co-Ed



Increase confidence as you gain fundamental basketball skills. Learn proper techniques, rules of the game and ball control. Execute a variety of drills and experience game-like situations.

Beginner - Age: 6-8

53961	Sa	1/23-3/5	6:15-7:00 PM	\$59/\$69
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Twinbrook CRC/Hawkins

Beginner - Age: 9-11

53206	Th	1/14-3/3	4-4:50 PM	\$69/\$79
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Thomas Farm CC/Jordan

Advanced - Age: 12-15

53207	Th	1/14-3/3	5-5:50 PM	\$69/\$79
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Thomas Farm CC/Jordan

Fencing - Youth Beginner



Designed to expose children to the Olympic sport of fencing, this class emphasizes safety and proper technique. Equipment is provided. Participants need to wear comfortable clothes and a fencing glove (or garden/golf glove). Flexible swords are used.

Age: 7-9

53220	Th	1/14-3/10	6-7 PM	\$128/\$151
53221	Sa	1/16-3/12	11 AM-12 PM	\$128/\$151
53222	Su	1/17-3/13	9-10 AM	\$128/\$151

Age: 10-13

53223	Th	1/14-3/10	7:20-8:40 PM	\$128/\$151
53224	Sa	1/16-3/12	12:20-1:40 PM	\$128/\$151
53225	Su	1/17-3/13	4-5:20 PM	\$128/\$151

Rockville Fencing Academy/Staff

Tennis - 10 and Under



Using kid-sized racquets, lower nets, softer balls and smaller courts, players learn tennis easily and quickly in a child-friendly environment. Children are taught through a variety of racquet and ball activities, and enjoyable tennis games. Junior racquets are provided.

Age: 6-8

53266	Sa	1/23-3/5	10-10:50 PM	\$69/\$79
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Thomas Farm CC/Z. Yargici

Children

Sports - Leagues

We recommend bringing a water bottle to all league practices and games.

T-Ball - Co-Rec Minors

Like watching the big leaguers? Have fun while learning simplified T-Ball rules in a safety-conscious atmosphere. Participants hit from a T-Ball stand. Special baseballs are used that are safer and help develop player confidence. One practice per week. Practices tentatively begin Friday, March 18. League play begins 4/16. Register by: 3/4

Age: 4-6

53877 Sa 4/16-5/21 9 AM-1 PM \$60/\$70
Mark Twain Athletic Park

Baseball - Co-Rec Coach Pitch

Swing your way into the game! Experience the next step up from T-Ball. Participants learn skills and have fun in a non-competitive setting. This program is recommended before pitching machine leagues. One practice per week. Practices tentatively begin Friday, March 18. League play begins 4/16. Register by: 3/4.

Age: 7-9

53874 Sa 4/16-5/21 9 AM-1 PM \$60/\$70
Mark Twain Athletic Park

Soccer - Co-Rec

Your child will have a safe and beneficial soccer experience with emphasis on skill development and fun rather than competition. One practice per week. Practices tentatively begin Friday, March 18. Coaches will inform team members regarding practice and game times. League play begins 4/17. Register by: 3/4

Ankle Biter - Grade: Pre-k

53878 Su 4/17-5/22 1-5 PM \$60/\$70
Mark Twain Athletic Park

Tink Kicks - Grades K-1

53879 Su 4/17-5/22 1-5 PM \$60/\$70
Mark Twain Athletic Park

Pee Wee - Grades: 2-3

53880 Su 4/17-5/22 1-5 PM \$60/\$70
Mark Twain Athletic Park

Worried about the weather?

Call the Sports League Line
at 240-314-5055.

Track and Field

Run like a Pro! Learn basic track and field skills through participation and competition. Practices begin in early April with meets to begin later in the month. Conference meets begin late May/early June. Players must either live or attend a school within the Rockville corporate limits. All dates are tentative. Register by: 3/11

Bantams - Born 2008 -2010

53885 W 4/20-5/25 5:45-8 PM \$64/\$74

Midgets - Born 2006-2007

53886 W 4/20-5/25 5:45-9 PM \$64/\$74

Juniors - Born 2004-2005

53887 W 4/20-5/25 5:45-9 PM \$64/\$74

Intermediates - Born 2002-2003

8th graders not born in specified years are able to participate.
53888 W 4/20-5/25 5:45-9 PM \$64/\$74
Rockville High School

Officials Needed

Youth and Adult Leagues

Weekday Evenings
and Weekends

Youth Baseball

March Training

Adult Softball/Basketball

March/Early April Training

For more information, call 240-314-8620 or
email us at sports@rockvillemd.gov

In Partnership with City of Rockville,
the Rockville Baseball Association
(RBBA) offers

Spring Youth Baseball Leagues

Ages 7-16

For registration, start date and other
league details, visit www.rbba.org

Winter School Break Programs

Winter Blast

Escape the cold this winter by joining the fun indoors!
Activities include sports, crafts and organized games each
day. Wear comfortable clothing and athletic shoes. Bring a
bag lunch.
Age: 5-12

52331 M-W 12/28-12/30 9 AM-3 PM \$90/\$105
Thomas Farm CC

Winter Break Mini Camp

Come in and enjoy the winter fun with your friends. K-5th
graders can come enjoy activities that include sports,
crafts and games. Mini camp will also include a field
trips. Participants should bring a lunch each day and wear
comfortable clothes and sneakers.
K-5

52898 M-W 12/28-12/30 9 AM-3 PM \$90/\$105
Lincoln Park CC

Winter Wonderland Fun Day

Escape the cold this winter by joining the fun indoors!
Activities include sports, crafts and organized games each
day. Wear comfortable clothing and athletic shoes. Bring a
bag lunch.
Age: 5-12

53003 M	12/28	9 AM-3 PM	\$30/\$35
53004 Tu	12/29	9 AM-3 PM	\$30/\$35
53006 W	12/30	9 AM-3 PM	\$30/\$35

Twinbrook Community Rec. Center Annex

Summer Camp Guide



**LOOK FOR OUR GUIDE
BEGINNING**

JAN. 4

**AT THE FOLLOWING
LOCATIONS:**

- www.rockvillemd.gov/recreation
- Rockville Community and Recreation Centers
- Rockville Swim and Fitness Center
- Rockville City Hall
- Rockville and Twinbrook Libraries
- Your child's backpack
(Sent home via Rockville schools)

REGISTRATION DATE

Tuesday, Jan. 19

Resident and non-resident registration begins

www.rockvillemd.gov/camps

WINTER HAPPENINGS

Cookies with Santa

Saturday, Dec. 19, 2-4 p.m.

Thomas Farm Community Center

Come to Santa's Workshop for an afternoon of fun holiday activities.

\$4/pp at door.

Pajama Jam Movie Night

Friday, Jan. 25, 7:30-9 p.m.

Twinbrook Community Recreation Center

Enjoy a fun family night out. Watch a movie on our large screen in your pajamas. Refreshments sold by Twinbrook ES. Free.

Little Hearts Valentine's

Friday Feb. 12, 10:30 a.m.-12:30 p.m.

Lincoln Park Community Center

Calling all little hearts with lots of love. Join us for our fun filled Valentine's event. Little hearts will make cards, a bag for their cards, read a book, decorate cookies and more. A small snack will be provided. Adult assistance required. Ages 2-5 yrs. Preregistration #54022 \$7R/\$10NR.

Annual Heart-to-Heart Family Valentine's Dance

Friday, Feb. 12, 7-9 p.m.

Twinbrook Community Recreation Center

Enjoy a red hot night! Families and friends spend time together making Valentine crafts and dancing as a DJ spins favorites.

Refreshments sold by Twinbrook ESI. \$3/pp at door.

Late Night Teen Valentine's Party

Friday, Feb. 12, 7-10 p.m.

Thomas Farm Community Center

Teens in grades 6-9 have the Center to themselves to celebrate Valentine's Day.

Preregistration #49092 \$7R/\$10NR

Bookworms

Sunday, Feb. 28, 1:30-2:15 p.m.

Croydon Creek Nature Center

Curl up with a good book at the nature center. At each Bookworm program, we'll read a new story you'll get a copy of the book to take home. Each program may include a craft or hike. Adult participation required. Ages 2-5 yrs. Register for #53389. \$10R/\$12NR

Annual Coat Drive

Lincoln Park Community Center has teamed up with Burlington Coat Factory for their 9th Annual One Warm Coat Drive. Drop off coats (any size new or gently used) from Monday Dec. 28-Wednesday Jan. 6. (See add on page 7 for drop off locations).

CHECK OUT YOUR Local Centers

CROYDON CREEK NATURE CENTER

www.rockvillemd.gov/croydoncreek

Tuesday–Saturday 9 a.m.–5 p.m.

Sunday, 1–5 p.m.



LINCOLN PARK COMMUNITY CENTER

www.rockvillemd.gov/lpcc

Monday–Saturday, 9 a.m.–9:30 p.m.

Sunday, 10 a.m.–6 p.m.



THOMAS FARM COMMUNITY CENTER

www.rockvillemd.gov/thomasfarm

Monday–Friday, 6 a.m.–9:30 p.m.

Saturday, 8:30 a.m.–9:30 p.m.

Sunday, 9 a.m.–8:30 p.m.



TWINBROOK COMMUNITY RECREATION CENTER

www.rockvillemd.gov/twinbrook

Monday–Friday, 6 a.m.–9:30 p.m.

Saturday, 8:30 a.m.–9:30 p.m.

Sunday, 10 a.m.–6 p.m.

(April–Oct.)

and 9 a.m.–8:30 p.m.

(Nov.–March)



Free Counseling Services

*Free counseling for City of Rockville
children, youth and families*

- Early intervention and prevention counseling is available to school-age children based on a short-term, 12-session model.
- Individual and family counseling is offered to city residents without health insurance or those unable to access counseling on their own, subject to an eligibility screening.
- Groups will be formed in the following areas, subject to demand: anger management, social skills, transition to middle school, transition to high school and more.
- Sessions take place by appointment at the Community Services Division office or in schools. Parental/guardian participation is strongly encouraged.
- Counseling is provided by a licensed professional counselor or masters-level clinical interns under the supervision of a professional counselor.

For more information or to determine eligibility or for referral services, please contact the Community Services Division at 240-314-8310.

The City of Rockville is a certified Youth Services Bureau.

240-314-8310

www.rockvillemd.gov/communityservices



Croydon Creek Nature Center



852 Avery Road (off Baltimore Road) • Rockville, MD 20851 • 240-314-8770
www.rockvillemd.gov/croydoncreek

Activities are held at Croydon Creek Nature Center. Registration is required. Note: There are no registration deadlines, unless otherwise stated. Registration is available for programs up until the day of the event as space allows.

Bookworms (Adult/Child)

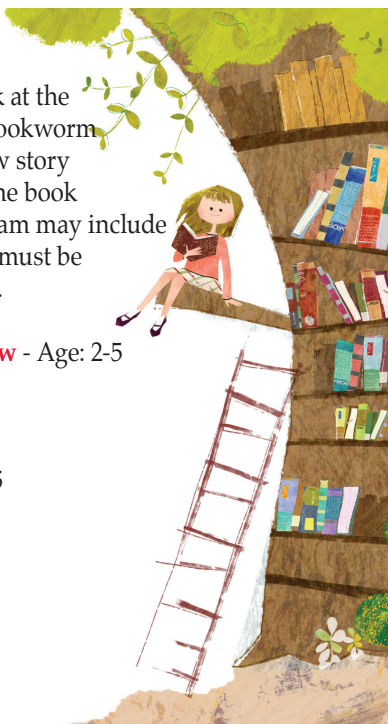
Curl up with a good book at the Nature Center. At each Bookworm program, we'll read a new story and you'll get a copy of the book to take home. Each program may include a craft or hike. Children must be accompanied by an adult.

Over and Under the Snow - Age: 2-5

53389 Su 2/28
 1:30-2:15 PM \$10/\$12

Little Owl Lost - Age: 2-5

53390 Su 3/13
 1:30-2:15 PM \$10/\$12
 Croydon Creek Ntr. Ctr.



New! Critters Up Close (Adult/Child)

This is for all of the animal lovers who want to take a closer look at some of the amazing animals that live at the Nature Center. Each program will feature a different live creature and include a live animal interpretation and craft. Children must be accompanied by an adult.

Age: 2-6

53953	Sa	1/23	10-10:45 AM	\$3/\$5
53954	Sa	2/27	10-10:45 AM	\$3/\$5
53955	Sa	3/12	10-10:45 AM	\$3/\$5

Croydon Creek Ntr. Ctr.

SCOUT BADGE DAYS



JUNIOR GIRL SCOUTS

ANIMAL HABITATS

Sunday, Feb. 7, 2-4 p.m.

WEBELOS

GEOLOGIST (EARTH ROCKS) BADGE

Sunday, March 6, 2-4 p.m.

Naturalists will help you complete the necessary requirements to achieve the badges.

All materials provided; however, badges are not supplied by the Nature Center. Programs held rain or shine. Dress for the weather.

Cost: \$14 residents; \$16 non-residents

For additional information or to register, call Melinda Norton at **240-314-8771**.

Croydon Creek Campfire (Adult/Child)

Gather around the campfire with your friends for stories, snacks and more. An adult must accompany children and all participants must register.

Spring Night Hike - All Ages

Enjoy a night time hike into the forest to look and listen for signs of spring. After the hike, we'll gather around the campfire to enjoy a campfire treat.

53951	Sa	3/19	7:30-8:30 PM	\$5/\$6
53952	Sa	3/19	8-9 PM	\$5/\$6

Croydon Creek Ntr. Ctr.

Like us on Facebook

City of Rockville Farmers Market
 Croydon Creek Nature Center
 Fitzgerald Theatre Rockville
 Rockville Seniors
 City of Rockville Sports Leagues



Nature Center

Growing Up Wild Teacher Workshop

Early childhood educators: join us for a fun-filled, practical workshop packed with hands-on, experiential nature activities for your classroom. Each participant will receive a free Growing Up WILD: Exploring Nature With Young Children curriculum guide correlated with NAEYC standards. Advance registration required. Cost covers program supplies.

Age: 18+

53950 M 1/25 9 AM-12 PM \$15
Croydon Creek Ntr. Ctr.

Nature Tots (Adult/Child)

Spend time with your child discovering the wonders of nature. A Naturalist will help you explore a new nature topic through nature play, crafts, stories and hikes. Dress for the weather. This program is intended to provide special one-on-one time for you and your child. Adult participation required. Spaces are limited. Ages 2-5 yrs.

Winter Wonders

53939 Th 1/28 10-11:30 AM \$8/\$10

Owls

53940 Sa 2/13 10-11:30 AM \$8/\$10

Foxes

53941 Th 2/25 10-11:30 AM \$8/\$10

Frogs and Toads

53942 Sa 3/5 10-11:30 AM \$8/\$10

Welcome Spring

53943 Th 3/24 10-11:30 AM \$8/\$10

Croydon Creek Ntr. Ctr.



Croydon Creek Nature Center

BIRD SEED SALE

Pre-orders due: Friday, Nov. 27 **Pick-up orders: Saturday, Dec. 12**

- Black Oil Sunflower
- Nyjer
- Patio Mix
- Suet Cakes and more!

For more details and order form
See www.rockvillemd.gov/croydoncreek



Teens

Arts, Dance and Enrichment

Ballet Teen & Adult



Advanced students with five or more years of experience are welcome to learn advanced techniques. If a participant registers for two or more ballet classes, a \$5 discount may be applied to one class. Registration must be handled by mail, fax or walk-in to receive a discount. See Adult and Children Ballet for more classes.

Advanced Young Teen & Pointe - Age: 12+

53139	Tu	1/19-5/31	5:15-6:30 PM	\$189/\$199
53140	Th	1/21-6/2	5:15-6:30 PM	\$189/\$199

Rockcrest Ballet Ctr./Simpson

Advanced Ballet Age: 13+

53137	M	1/25-5/23	5:45-7:15 PM	\$149/\$159
53138	W	1/20-6/1	5:45-7:15 PM	\$189/\$199

Rockcrest Ballet Ctr./Simpson

Late Night Teen Valentine's Party

Teens have the Center all to themselves to celebrate Valentine's Day with friends. Refreshments will be sold. Space is limited to the first 100 registrations. Pre-registration is strongly recommended. Fee at the door is \$10 residents; \$15 non-residents, beginning at 6:30 p.m.

Grade: 6-9

53395	F	2/12	7-10 PM	\$10/\$15
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Thomas Farm CC

After School Enrichment

Totally Teens

An afterschool program just for teens! Homework help, community service projects, sports, arts, dance, video games, ping pong, special interest clubs and more. Registration is required. Transportation is provided from Julius West MS. The program is held on early release days. It is not held on holidays or when MCPS is closed.

With Snack - Grade: 6-10

53396	M-F	1/4-3/31	3:15-5 PM	\$289/\$305
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Without Snack - Grade: 6-10

53397	M-F	1/4-3/23	3:15-6:30 PM	\$239/\$255
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Thomas Farm CC



Twinbrook Teen Scene

Teen Scene program provides a safe healthy environment that promotes positive youth development. Participants will have daily opportunities to engage in study time and a wide range of recreational activities of their choosing with guidance and supervision by the staff members. Transportation is available from Julius West and Wood M.S Twinbrook and Meadow Hall E.S. program does not meet on MCPS non-school or early release days. Grades 5th through 8th grade.

Grade: 5-8

53976	M-F	1/11-2/19	3-6:30 PM	\$145/\$165
53977	M-F	2/22-3/25	3-6:30 PM	\$145/\$165

Twinbrook CRC

Fitness and Wellness

We recommend bringing a water bottle to all fitness programs.

Teen Fit

This fast-paced class includes basic strength training, cardiovascular conditioning and stretching exercises. Increase your overall fitness or support your sport-specific training. Taught by a certified personal trainer.

Age: 13-18

53778	Sa	1/2-2/13	11:15-12:15 PM	\$70/\$81
53779	Sa	2/27-4/16	11:15-12:15 PM	\$70/\$81
53780	M	1/4-2/15	7-8 PM	\$70/\$81
53781	M	2/22-4/11	7-8 PM	\$70/\$81

Rockville Swim and Fitness Center/Gordon/Ocampo



Teens

School Break Programs - Teens

Make It Happen Basketball Clinic

This basketball program features techniques and drills that will turn you into a complete player. Learn the fundamentals and increase your speed and footwork with special speed and agility training. The program is taught by Rockville semi-professional basketball players and coaches.

Grade: 5-9

53967 W 12/30 9 AM-12 PM \$30/\$40
Lincoln Park CC

Winter Break Trips

No school and it's cold outside but there is still plenty of fun to be had over MCPS winter break. Fees include admission, supervision and transportation. Trips depart from and return to Julius West Middle Schools. Detailed trip information will be mailed one week prior to trip departure. Grade: 5-9.

Snow Tubing

53956 M 12/28 2-8 PM \$29/\$35

Monster Mini Golf

53957 Tu 12/29 11 AM-4 PM \$29/\$35
Julius West MS

NOTIFY ME!

Sign up to receive notifications
of Recreation and Parks programs,
cultural arts and special events,
community center activities
and more.

Go to the city's website at
www.rockvillemd.gov
and click on
"Notify Me" button



Leaders in Training (L.I.T.)

Leadership Camps

AGES: 13-16 (Must be 13 by July 1, 2016)

- To be eligible to participate for our summer LIT program, new LITs must first participate in a Leadership Camp.
- The two-week camp will provide fun, interactive workshops and activities designed to prepare teens to volunteer and/or work in a camp/playground (or for their first job). Topics will include communication, teamwork, planning and leading activities, peer evaluation, safety, child development, conflict resolution, body language and attitude.
- Team building trip is included in week one.
- Opportunity to earn up to 30 hours of SSL in week two.
- Staff will provide instruction, support supervision and feedback (evaluations) to help participants have a positive experience.
- Returning LITs (ages 14-16) are not required to register for a Leadership Camp.

240-314-8638



Work in Recreation

YEAR-ROUND POSITIONS

- Before and After School Staff
 - Trip Leaders
- Class Instructors - Zumba, Fitness, Sports
- Lifeguards and Swim Instructors
- Bus Drivers (CDL required)
 - Social Event Hosts

SEASONAL POSITIONS

- Directors and Leaders - Camps/Playgrounds
 - Sports Officials
- Gym Managers • Scorers/Timers

For information, visit
www.rockvillemd.gov/careers
 or contact the
 Human Resources Department
240-314-8470



Need Help with Past-Due Rent or Utility Payments?

Rockville Emergency Assistance Program (REAP)

Emergency assistance is available for eligible City of Rockville residents experiencing a financial crisis such as eviction or utility shut-off or who need prescription medication. Referrals for emergency food, clothing, financial counseling, housing assistance and foreclosure counseling are also provided.

Residents in financial crisis must apply first for emergency services at the Rockville office of Montgomery County Health and Human Services, 1301 Piccard Drive; 240-777-4550.

240-314-8310

www.rockvillemd.gov/communityservices/assistance



Bike Rockville!

Come to our meetings the first
 Wednesday of the month, 7-9 p.m. at
 Rockville City Hall.

Rockville Bicycle Advisory Committee

www.facebook.com/bikerockville
rockvillebikeriders@gmail.com

Adults

Arts, Dance and Enrichment

Ballet

Geared for those with a range of interests and abilities, classes are planned for fun and exercise. Advanced classes are for serious dancers with previous training. Those with demonstrated proficiency are encouraged to perform with the Rockville Civic Ballet. Participants registering for two or more ballet classes may apply a \$5 discount to one class. To receive a discount, register by mail, fax or walk-in. See Teen Ballet for more classes.

Beginner-Intermediate - Age: 13+

53127	Sa	1/23-5/28	9-10 AM	\$169/\$185
53125	Th	1/21-6/2	7:45-9 PM	\$189/\$199

Rockcrest Ballet Ctr./Chongpinitchai/Simpson

Advanced Ballet - Age: 13+

53126	Tu	1/26-5/31	6:30-7:45 PM	\$179/\$189
53124	Th	1/28-6/2	6:30-7:45 PM	\$179/\$189

Rockcrest Ballet Ctr./Chongpinitchai

Belly Dancing (Mid-Eastern)

Learn an exciting and ancient dance. This art form teaches movements from folk, social and classical traditions of Middle Eastern cultures. Wear exercise clothes, bring a scarf to tie around your hips and ballet slippers, or dance in bare feet.

Age: 16+

53141	Tu	1/19-3/8	6:30-7:25 PM	\$79/\$85
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Twinbrook CRC/Ananke

Broadway Moves

Dance like a Broadway Star! This fun and energetic exercise class focuses on being the 'One Singular Sensation' that is YOU. Burn calories, stretch, tone, improve posture and, most of all, enjoy the melodies of Broadway. Class is for all levels.

Age: 16+

53143	Tu	1/12-3/1	9:30-10:30 AM	\$99/\$109
53142	Th	1/14-3/3	7:30-8:30 PM	\$99/\$109
53144	Tu	3/8-3/15	9:30-10:30 AM	\$19/\$21
53145	Th	3/10-3/17	7:30-8:30 PM	\$19/\$21

Thomas Farm CC/Devine

Guitar

Sight reading, chords, scales, songs, technique and theory will be taught in this basic class. Bring a fully-strung guitar, pen and paper.

Age: 13+

53147	M	1/25-2/29	5-6 PM	\$89/\$99
53809	M	1/25-2/29	7-8 PM	\$89/\$99

The School of Music/The School of Music

Tap Dance

In this introduction to a Broadway-style staple, students will experiment with single sounds all the way to complex combinations creating an excellent light cardio workout. Each class will build on the previous to a complete a simple routine. Tap shoes required. Contact Rowena at 301-467-3535 if you have further questions.

Beginner & Continuing - Age: 16+

53175	W	1/13-3/2	7:30-8:25 PM	\$72/\$82
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Intermediate - Age: 16+

53176	W	1/13-3/2	8:30-9:25 PM	\$72/\$82
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Twinbrook CRC/DeLuca

Thank You!



The generosity of the Rockville Recreation and Parks Foundation helps to ensure that hundreds of children can participate in recreation programs.

To learn more about the Rockville Recreation and Parks Foundation, please see page 71 or visit www.rrpf.org

Adults



Let's Cook!

Join Chef J. Lynda Moulton, a graduate of L'Academie de Cuisine, for an evening of culinary delights! Beginners and experienced cooks with a passion for food who are eager to learn from a classically trained chef are welcome. Learn culinary techniques through interactive, hands-on workshops. Held at Rockville Senior Center. Age 18+

Chicken Roulades in Dijon Sauce

Let's face it, eating the same food prepared the same old way gets boring! Roulades make big impact both in terms of flavor and appearance. Come and learn the techniques and the amazing things you can do with thin cuts of meat. Note: \$15 supply fee payable to the instructor at the workshop.

53831 Th 1/15 6:30-9 PM \$35/\$41

Coq au Vin Flambe

Winter is the perfect season to serve this hearty chicken stew. Pouring wine over a sumptuous dish and igniting it upon serving? Wow, what a show stopper! It's easy to do but you must learn the skill, otherwise don't try this at home. Note: \$15 supply fee payable to instructor at workshop.

53832 Th 1/29 6:30-9 PM \$35/\$41

Boeuf Bourguignon

Beef in wine, talk about the perfect dish for a bone numbing winter night! Sounds like fancy French food, but it's quick and easy plus uses an inexpensive cut of meat. It only looks fancy and smells intoxicating. Come learn the art of braising from Chef Lynda. Note: \$15 supply fee payable to the instructor at the workshop

53833 Th 2/12 6:30-9 PM \$35/\$41

Tuscan Stuffed Flank Steak

This is a beautiful and dramatic dish! Come learn the skill of butter flying budget-priced beef and layering it with vegetables, meat and herbs before roasting it to an extravagant delight. Served in a Marsala sauce that will give you a standing ovation. Note: \$15 supply fee payable to instructor at workshop.

53834 Th 2/26 6:30-9 PM \$35/\$41

Fruit & Cheese Stuffed Porkloin

The upper back section is one of the most tender and juicy cuts of pork, but it must be handled correctly or it can be dry and tasteless. The stuffing combinations are endless and flavorful, limited only by your imagination. Come learn how to make this scrumptious entree! Note: \$15 supply fee payable to instructor at workshop.

53849 Th 3/4 6:30-9 PM \$35/\$41

Pretzel Crusted Pork Chop w/ Mustard Orange Cream Sauce

What is not to love about this exceptional , knock -out of a dish? Adapted from the signature creation of a notable chef in Colorado ski country, this outstanding meal packs out his restaurant every night. Come and learn the mouth watering secrets. Note: \$15 supply fee payable to instructor at workshop.

53850 Th 3/18 6:30-9 PM \$35/\$41



Adults

Wine Workshops

Increase your knowledge of wines and how they are made. Each workshop is independent and geared for beginning and intermediate students. Breads and cheeses will be provided. Wine presenters, Neil Bassford and Bob Cecil, are working partners in Elk Run Vineyards, an award-winning winery in Frederick County. They will present representative wines from the most significant areas of this country and the world for tasting and comment. Participants must supply photo ID upon request.

Age: 21+

Wines of Spain

We will discuss wines made throughout Spain to include Rioja, Rias Baixas, Ribera del Duero and Jerez. Breads and cheeses will also be provided.

53411 Th 2/11 7:30-9:30 PM \$35/\$39

Elk Run Wines

This workshop will cover grape growing and wine making at this 35 year old winery, one that has received over 650 awards for its wines. Come see the best that Maryland has to offer!

53412 Th 3/10 7:30-9:30 PM \$35/\$39
Glenview Mansion/Cecil

Fitness and Wellness

We recommend bringing a water bottle to all fitness programs.

20/20/20 Fitness

Enjoy 20 minutes of cardio, 20 minutes of strength training and 20 minutes of core strengthening and total body stretching. Get a well-rounded workout, increase your flexibility and get into shape. Bring mat and weights.

Age: 16+

53202 M 1/11-3/14 6:15-7:15 PM \$60/\$69
Thomas Farm CC/Webb

Age: 16+

53204 Sa 1/9-3/19 8:45-9:45 AM \$83/\$94
Rockville Sr. Ctr./Maguire

Ab Sculpt

Strengthen your power house, lower abdominal muscles, lower back, buttocks and pelvic floor in just 30 minutes. Improve posture, help prevent lower back injuries and flatten your stomach in an intense core workout designed for every fitness level. A mat is recommended.

Age: 16+

53707	M	1/4-2/15	12:45-1:15 PM	\$35/\$42
53708	M	1/4-2/15	8:05-8:35 PM	\$35/\$42
53709	W	1/6-2/17	12:45-1:15 PM	\$35/\$42
53710	W	1/6-2/17	8:05-8:35 PM	\$35/\$42
53711	F	1/8-2/19	12:45-1:15 PM	\$35/\$42
53712	M	2/22-4/11	8:05-8:35 PM	\$35/\$42
53713	M	2/22-4/11	12:45-1:15 PM	\$35/\$42
53714	W	2/24-4/13	12:45-1:15 PM	\$35/\$42
53715	W	2/24-4/13	8:05-8:35 PM	\$35/\$42
53716	F	2/26-4/15	12:45-1:15 PM	\$35/\$42

Rockville Swim and Fitness Center/Ocampo, Gordon, Groman

New! Barre Aum

Inspired by ballet, infused with toning moves, and partnered with the wisdom of yoga, Barre Aum is an amazing conscious workout for all levels. In each energizing workout, you'll use the ballet barre and equipment such as mini-balls, blocks and small hand weights to redefine and a sculpt a lean, strong body.

Age: 16+

53994 M 1/4-2/22 6-7 PM \$120/\$130
Thrive Yoga

Bodyweight Cardio-Strength

Challenge yourself with this demanding workout. The class will start with a quick warm-up followed by high-intensity intervals of cardio and strength training, finishing with a full body stretch. The focus will be on maintaining great form throughout all of the movements.

Age: 16+

53717 Tu 1/5-2/16 12-12:45 PM \$56/\$65
53718 Tu 3/1-4/19 12-12:45 PM \$56/\$65

Rockville Swim and Fitness Center/Ocampo

WAITING LIST...

If your desired class is filled, you will be notified and placed on a waiting list.



We make every effort to accommodate those on the list. If an opening becomes available, we will go to the wait list to fill the class.

Adults

Bootcamp - Beginner/Intermediate

Reduce body fat, increase cardiovascular stamina and tone muscles in a team environment. Class is designed to introduce the new bootcamper to skills and drills of our advanced class. Workouts can be modified to increase or decrease intensity.

Age: 16+

53719	M	1/4-2/15	5:45-6:45 PM	\$56/\$65
53720	W	1/6-2/17	5:45-6:45 PM	\$56/\$65
53796	M	2/22-4/11	5:45-6:45 PM	\$56/\$65
53797	W	2/24-4/13	5:45-6:45 PM	\$56/\$65

Rockville Swim and Fitness Center/Colbert

Bootcamp - Intermediate/Advanced

This class incorporates drills designed to enhance agility, speed, power, strength and quickness. Workout in a team environment while challenging yourself to reach personal fitness goals.

Age: 16+

53723	M	1/4-2/15	6:30-7:30 AM	\$56/\$65
53721	M	1/4-2/15	7-8 PM	\$56/\$65
53802	M	2/22-4/11	6:30-7:30 AM	\$56/\$65
53798	M	2/22-4/11	7-8 PM	\$56/\$65
53800	W	1/6-2/17	6:30-7:30 AM	\$56/\$65
53803	W	2/24-4/13	6:30-7:30 AM	\$56/\$65
53722	Th	1/7-2/18	7-8 PM	\$56/\$65
53799	Th	2/25-4/14	6-7 PM	\$56/\$65
53801	F	1/8-2/19	6:30-7:30 AM	\$56/\$65
53806	F	2/26-4/15	6:30-7:30 AM	\$56/\$65

Rockville Swim and Fitness Center/Ocampo, Gordon, Colbert

Cardio Kickbox

Tired of your normal routine or just interested in trying something new? Get into shape in a class that combines boxing, martial arts and aerobics. This total body workout will help increase stamina, flexibility, balance and strength. Wear comfortable clothes and shoes.

Age: 16+

53724	Th	1/7-2/18	6-7 PM	\$56/\$65
53725	Th	2/25-4/14	7-8 PM	\$56/\$65

Rockville Swim and Fitness Center

Circuit Step

Enjoy a great interval workout designed to get you fit. Class combines low impact moves using a step platform (provided) and strength training for all muscle groups. All fitness levels welcome. Bring weights and a mat.

Age: 15+

53208	Tu	1/12-3/15	5:30-6:15 PM	\$74/\$84
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Thomas Farm CC/Lu

Circuit Training

Jump start your metabolism with this circuit workout. You will improve both strength and endurance. There are six different stations featuring exercises to challenge your whole body, each targeting a different area. This is an effective and time-efficient way to develop all around fitness. Weights will be used.

Age: 16+

53726	Tu	1/5-2/16	11-11:45 AM	\$56/\$65
53727	Th	1/7-2/18	11-11:45 AM	\$56/\$65
53728	Tu	2/23-4/12	11-11:45 AM	\$56/\$65
53729	Th	2/25-4/14	11-11:45 AM	\$56/\$65

Rockville Swim and Fitness Center/Ocampo

New! Core and Sculpt

Pump up your metabolism and target all your muscle groups. Focus on strength training while incorporating segments of cardio and a variety of exercises for the whole body. All fitness levels are welcome as modifications are provided to increase or decrease intensity levels. Bring a mat and weights to class.

Age: 16+

54023	Th	1/7	6:15-7:15 PM	Free Demo
54024	Th	1/21-3/17	6:15-7:15 PM	\$67/\$77

Thomas Farm CC

Core Power

Get your heart rate up and work your core muscles from the shoulders to the hips. Interval training will maximize your work out alternating cardio exercise and strength training. Bring a mat and weights to class.

Age: 16+

53215	Sa	1/9-3/19	11-11:45 AM	\$62/\$72
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Thomas Farm CC/Maguire

Adults

**Worried about
the weather?
Call the Rec Line at
240-314-5023.
Select #1 for class
status**



Fitness Kickboxing

If you're looking for a fast-paced, calorie-burning, adrenaline-pumping, action-packed workout, then this class is for you. This ultimate conditioning workout is set to high energy music with kicks, punches and strikes. All classes are taught by certified Black Belts. Fee includes equipment and uniform for first time students.

Age: 13+

53226	M & W	1/25-2/24	6:10-6:55 PM	\$99/\$119
53227	Tu & Th	1/26-2/25	7:20-8:05 PM	\$99/\$119

Kicks Karate/Staff

Functional Interval Training

With a focus on functional movement, strength drills are alternated with cardio intervals for a total body blast that will take your fitness program to a new level. Supercharge your workout, boost your metabolism, burn off that extra fat and reach your fitness goals.

Age: 16+

53730	Su	1/3-2/14	9:45-10:30 AM	\$56/\$65
53731	Th	1/7-2/18	12-12:45 PM	\$56/\$65
53732	Th	2/25-4/14	12-12:45 PM	\$56/\$65
53733	Su	2/28-4/17	9:45-10:30 AM	\$56/\$65

Rockville Swim and Fitness Center/Ocampo

In Motion (Seniors)

Stay active and healthy! Exercise can energize your mood, relieve stress, help you manage symptoms of illness and pain, and improve your overall sense of well-being. This fitness class is designed to help seniors and older adults maintain their strength, balance, coordination and flexibility while enjoying the benefits of working out in a group.

Age: 16+

53734	Tu	1/5-2/16	12:45-1:15 PM	\$35/\$42
53735	Tu	2/23-4/12	12:45-1:15 PM	\$35/\$42

Rockville Swim and Fitness Center/Ocampo

Indoor Cycle Training

Don't let the short daylight hours or bad weather force you to give up cycling this winter. Grab your indoor trainer and join us for an intense workout. Concentrate on time trialing, climbing, sprinting, spinning and proper cycling technique with a certified USA triathlon and USA cycling coach. Bike and stationary trainer or rollers required.

All Ages

53947	Sa	1/2-2/13	6:30-8 AM	\$129/\$149
53948	Sa	2/27-4/16	6:30-8 AM	\$129/\$149

Rockville Swim and Fitness Center/Nelson

Interval Training and Stretch

Power through interval training circuits consisting of three minutes of strength, two minutes of cardio and one minute of core work to sculpt your body, burn fat and blast calories! Class ends with a power yoga routine leaving your body feeling stretched and relaxed! Bring a mat and weights.

Age: 16+

53234	Th	1/7-3/17	5:30-6:15 PM	\$87/\$98
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Rockville Sr. Ctr./Maguire

Jazzercise - Lo

Fitness that is invigorating, not intimidating! Great music and choreography but without the hop! This low impact workout combines elements of jazz dance, resistance training, Pilates, yoga, kick boxing and more. All ages and fitness levels. Bring weights and a mat.

Age: 16+

53236	M	1/4-3/7	6:45-7:45 PM	\$62/\$70
53237	W	1/6-3/9	6:45-7:45 PM	\$78/\$88

College Gardens ES/Proctor

Light and Easy Conditioning

This class targets many elements of fitness in just 30 minutes. Hand weights are used for upper body toning. An aerobic segment provides cardio and fat burning. Abdominal work targets core strengthening and stretching segment concentrates on muscle relief and recovery. Newcomers are welcome.

Age: 16+

53736	Th	1/7-2/18	12:45-1:15 PM	\$35/\$42
53737	Th	2/25-4/14	12:45-1:15 PM	\$35/\$42

Rockville Swim and Fitness Center/Ocampo

Adults

Pilates

Enjoy a non-impact, mind-body workout that trains core muscles to stabilize the body. Stretching and strengthening exercises target abdominal and pelvic muscles. Improve posture, abdominal strength, balance and flexibility. No previous experience necessary. Bring a mat.

Age: 16+

53160 Tu 1/12-3/8 7:30-8:25 PM \$109/\$119
Rockville Swim and Fitness Center/Poole

Pilates - Yoga Fusion

Fusion is a wonderful combination of the core strengthening and muscle-toning of Pilates and the meditative and flexibility benefits of yoga in a flowing workout. Bring a mat and wear comfortable clothing.

Age: 16+

53162 Tu 1/12-3/8 6:30-7:25 PM \$109/\$119
Rockville Swim and Fitness Center/Poole

Pilates - Teens and Adults

Enjoy a series of mat-based exercises derived from the classic methodology of Joseph Pilates. The class focuses on increasing flexibility and balance and incorporates stability, strength and awareness of the core.

Age: 13+

53739	Th	1/7-2/18	9:15-10:15 AM	\$77/\$91
53740	Su	1/3-2/14	9:15-10:15 AM	\$77/\$91
53741	Th	2/25-4/14	9:15-10:15 AM	\$77/\$91
53742	Su	2/28-4/17	9:15-10:15 AM	\$77/\$91

Rockville Swim and Fitness Center/Main



Power Conditioning

Train like the pros! This class is not for beginners. Build core strength and endurance, increase your agility and flexibility, and take your fitness level from average to elite. This class will focus on increasingly difficult plyometric exercises and calisthenics to help your muscles reach the maximal force in the shortest amount of time.

All Ages

53743	Sa	1/2-2/13	8-9 AM	\$56/\$65
53744	Sa	2/27-4/16	8-9 AM	\$56/\$65

Rockville Swim and Fitness Center/Ocampo

Power Sculpt

This workout, for all fitness levels, includes routines designed to improve strength and definition of muscle groups. Bring a mat and 3-5 lb. weights.

Age: 15+

53196	M	1/4-3/7	9:30-10:30 AM	\$59/\$69
53198	W	1/6-3/9	9:30-10:30 AM	\$74/\$84

Thomas Farm CC/Devine

Age: 15+

53932	Tu	1/12-3/15	6:20-7:15 PM	\$74/\$84
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Thomas Farm CC/Lu

Age: 15+

53197	Th	1/7-3/10	6:30-7:15 PM	\$74/\$84
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Rockville Sr. Ctr./Webb

Sunday Stretch

Stretching your body is one of the most important things to do to reduce stress, promote circulation and help facilitate proper alignment of the body. Stay healthy and injury free by joining this class.

All Ages

53752	Su	1/3-2/14	10:40-11:10 AM	\$35/\$42
53753	Su	2/28-4/17	10:40-11:10 AM	\$35/\$42

Rockville Swim and Fitness Center/Owen

For holidays and "No Class Dates"

Check with instructor or see
<http://rockenroll.rockvillemd.gov>
Enter course # to view course details.



Adults

Taekwondo for Adults

Learn one of the world's most popular martial arts in a fun, low-pressure environment! This class will cover basic kicks, blocks, strikes and self-defense techniques and is appropriate for all fitness levels. Taught by a World Taekwondo Federation certified 3rd degree Black Belt.

Age: 15+

53754	Su	1/3-2/14	3:30-4:30 PM	\$70/\$81
53755	Su	2/28-4/17	3:30-4:30 PM	\$70/\$81

Rockville Swim and Fitness Center/Fumagalli

T'ai Chi Ch'uan

Promote physical and mental rejuvenation through this ancient Chinese art. With separate instruction for beginning and continuing students, tone sinews and gently massage the spinal cord and internal organs. Unify your mind and body through slow, rhythmic, flowing movements.

Age: 18+

53255	Tu	1/19-3/8	7-8 PM	\$61/\$69
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Elwood Smith RC/Lamb

The MELT Method®

The MELT Method® is a simple self-treatment technique that eliminates chronic pain, improves flexibility, posture, and decreases the accumulated stress caused by the repetitive postures and movements of everyday living. If you have a medical condition please contact the instructor ahead of time to determine if the class is appropriate for you, Amy.liss.nia@gmail.com. Bring a water bottle and yoga mat. All equipment will be provided (soft roller and small balls) and will be available for purchase from the instructor.

Age: 16+

53177	Tu	1/19-2/23	7:30-8:30 PM	\$89/\$95
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Rockville Sr. Ctr./Liss

Total Body Blast

Enjoy cardio, strength and core exercises all in one class. Challenge your stamina, improve strength and increase flexibility to get your entire body into tip-top shape. Bring a mat and weights.

Age: 16+

53288	W	1/6-3/16	6:20-7:15 PM	\$90/\$102
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Thomas Farm CC/Maguire

Yoga - Basic Flow for Beg./Cont.

Practice yoga poses and breathing exercises in flowing sequences. Flow yoga is a heat building style of yoga that increases strength, flexibility and fitness. Recommended for all levels. Bring a mat or rent one.

Age: 16+

53178	Tu	1/5-2/23	4:30-5:45 PM	\$89/\$99
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Thrive Yoga/Alter

Yoga - Beginner and Continuing

Be introduced to traditional yoga techniques like meditation, breathing exercises and deep relaxation. Bring a yoga mat, two blocks.

Age: 16+

53179	Th	1/21-3/10	6:30-7:30 PM	\$75/\$85
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Twinbrook CRC/England

Yoga - Core

Strengthen your core and develop healthy back muscles with this fun, fast and energetic Hatha yoga workout. Using a core yoga ball, target your abdominals from every angle, reduce back pain, stabilize the spine, create a stronger midsection and improve overall body alignment.

Age: 16+

53758	Tu	1/5-2/16	9:15-10:15 AM	\$89/\$105
53759	Tu	2/23-4/12	9:15-10:15 AM	\$89/\$105
53760	F	1/8-2/19	9:15-10:15 AM	\$89/\$105
53761	F	2/26-4/15	9:15-10:15 AM	\$89/\$105

Rockville Swim and Fitness Center/Mustafa

Yoga - Gentle

This gentle yoga workout provides modifications to traditional yoga postures without losing any of the physical benefits. Conducted at a comfortable pace, gentle yoga demonstrates the use of props, which enables everyone to enjoy the practice while promoting increased activity for better health. Bring a yoga mat, block and strap.

Age: 18+

53762	W	1/6-2/17	9:15-10 AM	\$86/\$99
53763	W	2/24-4/13	9:15-10 AM	\$86/\$99
53764	Sa	1/2-2/13	9:15-10 AM	\$86/\$99
53765	Sa	2/27-4/16	9:15-10 AM	\$86/\$99

Rockville Swim and Fitness Center/Groman/Stokes

Adults



Yoga - Gentle Hatha Beg./Cont.

Practice gentle stretching and strengthening exercises as well as relaxation and breathing techniques. Those with injuries should consult a physician prior to registration. Bring a yoga mat.

Age: 16+
53181 Th 1/14-3/17 7:30-8:45 PM \$121/\$131
Rockville Sr. Ctr./Dodson

Yoga - Hatha Intermediate

Enjoy a balanced practice with longer posture holding times and a variety of sequences to increase stamina, flexibility and well-being. This physically challenging class is designed for individuals with prior yoga experience (exceptions granted), who are free of serious injuries or physical vulnerabilities. Bring a yoga mat, strap and block.

Age: 16+
53182 M 1/4-3/14 7:30-8:45 PM \$110/\$120
Thomas Farm CC/Neves

Yoga - Hot Vinyasa for Rookies

A slower paced hot vinyasa class to give you time to position your body, connect to your breath and adjust to practice in a heated room. The room is heated to 85 degrees and helps open and stretch the tightest muscles. You learn to steady the mind and experience being more comfortable in the conscious through connecting breath and movement. Experience the benefits of breathing easier, deeper, and longer and reduce the feeling of agitation and stress.

Age: 18+
53184 Su 1/3-2/21 8-8:55 AM \$89/\$99
Thrive Yoga/Thrive Yoga

Yoga - Introduction

Always wanted to try yoga but weren't sure where to start? Learn the basic poses (asanas) and how they can be sequenced for a balanced practice. Precautions and modifications will be covered as well as the benefits of each pose. Bring a yoga mat and two blocks.

Age: 16+
53188 W 1/13-3/9 7:30-8:25 PM \$99/\$109
Thomas Farm CC/England

Yoga for Athletes

This class is designed to improve health, performance and mental acuity. It combines push-ups, sit-ups and squats with traditional yoga postures in a flowing format. Focus on reducing stress and pain in the lower back, increasing flexibility in the hamstrings, glutes and quadriceps to build a stronger core.

Age: 16+
53766 M 1/4-2/15 9:15-10:15 AM \$89/\$105
53767 W 1/6-2/17 7-8 PM \$89/\$105
53768 M 2/22-4/11 9:15-10:15 AM \$89/\$105
53769 W 2/24-4/13 7-8 PM \$86/\$105
Rockville Swim and Fitness Center/Groman/Stokes

New! Pilates Mat

Pilates is a system of controlled exercises that engage the mind and condition the total body. You will learn the basic series of movement which the Pilates method is built on including concepts of alignment, breath, neutral spine, properly engaged core, pelvic stability, spinal articulation and more. Bring a mat. No prior experience is required.

Age 16*
54025 F 1/22-2/26 12-12:45 PM \$79/\$85
Thomas Farm CC/Lu





Adults

**Worried about
the weather?
Call the Rec Line at
240-314-5023.
Select #1 for class
status**



Zumba Dance Fitness

This is Latin dance at its finest. It is a high energy workout with fun, upbeat music. The steps are easy to follow and results are long lasting. Class is taught by licensed Zumba instructors.

Age: 16+

53191 Tu 2/9-3/22 7:30-8:25 PM \$75/\$85
Thomas Farm CC/Graves

Age: 16+

53193 F 1/22-2/26 7-8 PM \$59/\$69
Lincoln Park CC/Ford

Zumba Fit

Zumba Fit is a fun and effective cardio dance workout that includes sculpting exercises designed to tone the entire body. While intended as an introduction to the easy Latin and international inspired program, this high energy, low-impact class has something to offer all fitness levels.

Age: 16+

53770 Th 1/7-2/18 7-7:45 PM \$56/\$65
53771 Th 2/25-4/14 7-7:45 PM \$56/\$65
53772 F 1/8-2/19 12-12:45 PM \$56/\$65
53773 F 2/26-4/15 12-12:45 PM \$56/\$65

Rockville Swim and Fitness Center/Manzano

Zumba Toning

Use small weights to tone and strengthen arms, glutes, abs and thighs. Fast and slow rhythms are used to maximize fat burning and to build muscle. Sculpt your body naturally while having fun dancing to high-energy popular music. Bring 1 or 2 lb. weights.

Age: 16+

53774 M 1/4-2/15 12-12:45 PM \$56/\$65
53775 Sa 1/2-2/13 11:15 AM-12 PM \$56/\$65
53776 M 2/22-4/11 12-12:45 PM \$56/\$65
53777 Sa 2/27-4/16 11:15 AM-12 PM \$56/\$65

Rockville Swim and Fitness Center/Manzano

Sports - Instructional

We recommend bringing a water bottle to all sports programs.

Fencing - Beginner

Designed to introduce beginners to the Olympic sport of fencing. This course emphasizes safety and proper technique. Equipment provided. Wear comfortable clothes and bring a fencing glove (or garden/golf glove). Flexible swords are used.

Age: 14+

53217 Tu 1/12-3/8 7-8:20 PM \$128/\$151
53218 Sa 1/16-3/12 2-3:20 PM \$128/\$151
53219 Su 1/17-3/13 11:25 AM-12:45 PM \$128/\$151

Rockville Fencing Academy/Staff



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City of Rockville Farmers Market
Croydon Creek Nature Center
Fitzgerald Theatre Rockville
Rockville Seniors
City of Rockville Sports Leagues



Adults

Plan Your Golf Outing At **REDGATE**

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MANAGED BY
BILLY CASPER GOLF

SUPPORT The Rockville Holiday Drive!



The Holiday Drive collects and distributes Thanksgiving meals in November and toys and gifts in December to hundreds of children and families in Rockville. *Here's how you can get involved:*

- **Make** a tax-deductible contribution
- **Organize** a drive for canned food or new toys
- **Donate** \$20 gift cards for Target or Giant
- **Assist** with sorting and packing food or delivering meals and gifts

Donations may be dropped off or mailed to the Community Services Division at Rockville City Hall, 111 Maryland Ave., 1st Floor, Rockville, MD 20850, Glenview Mansion or any City of Rockville community center. Please make checks payable to the Rockville Holiday Drive Fund.

240-314-8310

www.rockvillemd.gov/holidaydrive

Adults

Adult 5K Winter Walk/Run Program

presented by: City of Rockville &
Montgomery County Road Runners
Club (MCRRC)

If your 2016 New Year's Resolution
is to walk your way to improved
health and fitness, then embark
on this beginning running program
and maintain or improve your
current 5K race pace.

*Program takes place
January through March.*

Practices:

Tuesdays - Rockville-based track
Saturdays - Area park

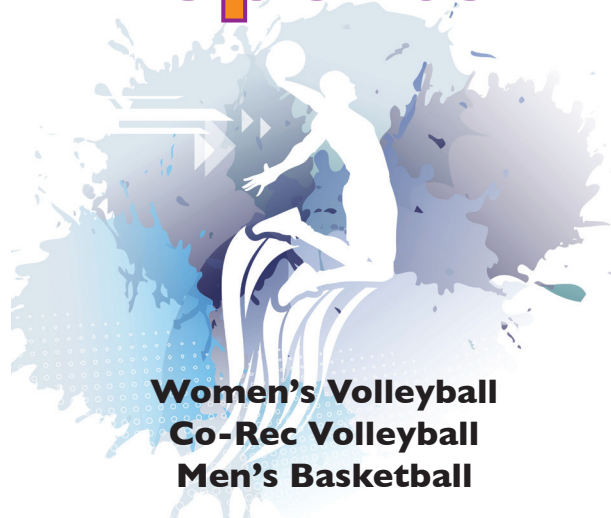
Fees:

\$45 - Members of MCRRC
\$55 - Non-MCRRC Members

For more information, visit
www.mcrrc.org



WINTER Adult Team Sports



**Women's Volleyball
Co-Rec Volleyball
Men's Basketball**

LEAGUE PLAY BEGINS:

Jan. 4 Co-Rec Volleyball (Mon.)
Jan. 7 Women's Volleyball
Jan. 8 Co-Rec Volleyball (Fri.)
Jan. 10 Men's Basketball (Sun.)

VOLLEYBALL LOCATIONS:

Mon. - Twinbrook CRC
Thurs & Fri. - Frost M.S.



Visit rockvillemd.gov/recreation/sports
or call 240-314-8620

Seniors

ROCKVILLE SENIOR CENTER

1150 Carnation Drive, Rockville, MD 20850 • 240-314-8800

www.rockvillemd.gov/seniorcenter

The Rockville Senior Center provides a central location for the many programs, services and activities offered to senior adults, ages 60 and older.

REGISTRATION DATES

(M) - Member registration begins **Tuesday, Dec. 1**

Members receive a discount on senior program fees and rentals, are eligible to join the Fitness Club, are mailed the monthly newsletter of events and are eligible for a discount on classes in the adult section of the Recreation Guide. Registration begins March 17 for all other City programs.

(R) - Resident registration begins **Thursday, Dec. 3** for Rockville residents who are not members of the Senior Center. (Must be age 60 and older and live within the Rockville City limits.) Residents receive a discount on program fees.

(NR) - Nonresident/Nonmember registration begins **Thursday, Dec. 3** for seniors age 60 and older who live outside the Rockville City limits and who are not members of the Senior Center. Nonresidents/Nonmembers pay full price for programs offered at the Senior Center.

TRANSPORTATION

Rockville Call 'N Ride Service – Taxi coupons may be purchased at a reduced rate, based on income and family size. Documentation required. Call 240-314-8810.

Buses – Door-to-door bus service is available to the Senior Center, shopping, club meetings and special trips. Reservations required. Call 240-314-8810.

AGING INFORMATION, SERVICES AND SUPPORT

Seniors and families may obtain information, services and support related to aging issues by calling 240-314-8810. For outreach and assistance in English, call 240-314-8816; Spanish, 240-314-8817.

ROCKVILLE SENIOR CENTER

Hours

Monday-Friday, 8:30 a.m.–5 p.m.

Saturday, 8:30 a.m.–1 p.m. Drop in use only



Directions

Call 240-314-5019

Bus Transportation and Lunch Reservations

Call 240-314-8810



Program Fees

Fee = member/resident/non-resident

Center Membership Fees

\$40/year - Rockville Residents

\$135/year - Non-residents; \$65 spouse



Fitness Club

Membership Fees

\$85/year (Must be a Senior Center member)

SENIOR ASSISTANCE FUND

Financial assistance for senior classes, day trips and Senior Center membership is available. (Must meet age and income guidelines.) To donate to this program send a check payable to the City of Rockville Senior Assistance Fund. Mail to the Rockville Senior Center, 1150 Carnation Drive, Rockville, MD 20850.

MEAL PROGRAM

Daily Lunch – Hot and cold lunches are provided at Noon, Monday through Friday. Participants contribute as much as they are able toward the cost of the meal (\$5.49). Reservations required. Call 240-314-8810.

ROCKVILLE SENIORS, INC. (RSI) A 501(c)

(3) established by Mayor and Council to assist in providing financial support for the Rockville Senior Services. Volunteers opportunities are available to support RSI's fundraising activities. For more information visit the Rockville Senior Center's website, www.rockvillemd.gov/rsi

Seniors

Arts and Enrichment

New! Acrylic - You Can Do It

Create an 8x10 canvases using acrylic paint. Paintings will focus on the work of the 'Old Masters' that became very popular from the Renaissance period. All materials will be supplied. \$7 material fee due at first class and perfect for a holiday gift.

53398 Tu 12/8 10 AM-12 PM \$15/\$19/\$24
Card Room/Fry

Birthday and Anniversary Parties

Celebrate with a festive afternoon of lively entertainment and light refreshments. Mark your calendar for these special events in partnership with Rockville Seniors, Inc. Registration is required at least one week prior to each party based on availability.

January Party

Sponsored By: First Light Home Care

Entertainment by: New Year's Carnation Feud Game

53385 W 1/6 1:30-3 PM Free/\$6

February Birthday

Sponsored by: JoAnne Barron

Entertainment by: Barry Wendell Trio

53387 W 2/3 1:30-3 PM Free/\$6
Carnation Room

March Party

Sponsored by: Anna Mae Taylor, Young In Heart Senior Club, Dottie O'Donnell, Joan and Joe West

Entertainment by: Classy Jazz Band

53386 W 3/2 1:30-3 PM Free/\$6

Book Club

Participants enjoy an in-depth discussion covering a broad spectrum of books ranging from older classics to current best sellers. Books are selected by the group at each session and a moderator will present topics for discussion.

53399 Th 1/28 & 2/25 10-11 AM Free/\$6
Board Room/Beck



Carnation Players

Calling all characters. If you would like to join this group and can sing, dance, play an instrument or would like to be in a skit, we need you. The Players cannot guarantee fame and fortune, but can ensure you will have lots of fun.

53812 Tu 1/19-3/22 3-4 PM Free/\$6
Carnation Room/Beck

Citizenship Class

If you have been a U.S. resident for four years and nine months and would like to become a citizen, please sign up. Instruction in English, communication and preparation for the I.N.S. naturalization interview is offered. Priority will be given to seniors and members of the Rockville Senior Center.

53898 M 1/4-3/21 12-3 PM \$18/\$20/\$25
Card Room

New! Coffee and Critters

Let's wake up with the groundhogs today! Enjoy coffee, a wildlife discussion and tour with staff at the Croydon Creek Nature Center. Visit this wonderful facility and learn about who is living in our own backyards. Meet at Croydon Creek, 852 Avery Road, for coffee and see if Punxsutawney Phil saw his shadow.

53404 Tu 2/2 10-11:15 AM Free/\$6
Classroom

Seniors

English Class

Classes include reading, speaking, listening and pronunciation for seniors whose first language is not English. Returning students should register for the class recommended by your teacher. New student placement is determined by assessment on Wed., Jan. 6, Mon., Tues., Wed., Jan. 11, 12, 13, 9:30 AM - 11:00 AM. Note: \$10 book fee may be required at first class.

English 1 - Beginner

53900 M & W 1/11-3/16 10 AM - 12 PM \$18/\$20/\$25
Arts and Crafts Room

English 2 - High Beginner

53901 Tu & Th 1/12-3/17 10 AM-12 PM \$18/\$20/\$25
Card Room

English 3 - Intermediate

53902 Tu 1/12-3/15 10 AM-12 PM \$18/\$20/\$25
Blossom Room

English 4 - Advanced

53903 W 1/13-3/16 10 AM-12 PM \$18/\$20/\$25
Card Room

English Conversation Class

Speak more confidently about everyday topics.

53906 Tu 1/19-3/15 1-2:30 PM \$14/\$16/\$18
Arts and Crafts Room

First Ladies of the U.S.

This series will take a look at the lives of the women behind the men. Join Joan Adams for an in-depth look at the ladies in this important position. Each has her own story and a role in American life.

Jacqueline Lee Bouvier Kennedy

Jackie became a trend setter for American women. She brought the American people into the White House via TV. Her courage and strength helped a traumatized nation deal with the tragic loss of Jack. A private woman living in a very public environment was a challenge which she handled with grace and dignity.

53382 M 1/25 10:15-11:15 AM \$6/\$9/\$11

Claudia Taylor (Lady Bird) Johnson

Lady Bird broke the rules. She interacted with Congress directly. Her dedication to beautifying the nation's cities and highways won her praise and criticism. As Vice President's wife she was a goodwill ambassador visiting 33 different countries. Lady Bird brought her own style of southern hospitality to the White House.

53383 M 2/22 10:15-11:15 AM \$6/\$9/\$11

Thelma Catherine Pat Ryan Nixon

Pat had worked her way through school as a sales clerk and an extra in the movies. When Richard Nixon campaigned, she was tireless. As First Lady she encouraged volunteer service. Always charming and dignified, even when facing personal and political heartache. Pat Nixon summed it up best, it takes heart to be in political life.

53384 M 3/28 10:15-11:15 AM \$6/\$9/\$11
Card Room

HOLIDAY BAZAAR

Sponsored by Rockville Seniors, Inc.

Saturday, Dec. 5

9 a.m. - 2 p.m.

Handmade Crafts

Book Sale

Raffle

Thrift Shop

Homemade Treats

ROCKVILLE SENIOR CENTER

1150 Carnation Drive,
Rockville, Md. 20850

240-314-8800

Directions: 240-314-5019

Seniors

French

If you haven't taken a French class in the last 50 years, this class is for you. Note: \$5 material fee payable to instructor.

53816 Tu & Th 1/5-2/11 10 AM-12 PM \$40/\$45/\$50
Sunroom

French - Continuing

This class is for those who have a working knowledge of French and want to improve grammar and communication skills. Note: \$5 material fee is payable to instructor at first class.

53824 Tu & Th 2/16-3/24 10 AM-12 PM \$40/\$45/\$50
Lounge

New! FunDrum Circle

Come celebrate community, reconnect with your inner rhythm and have tons of fun playing together in a supercharged drum circle. Led by Jonathan Murray of FunDrum Rhythm Circles, this program is open to everyone. No experience necessary. Drumming together with a group of people is a really fun, engaging activity that promotes wellbeing and positive social interaction. Together we will be engaged in the creation of rhythmic music that will boost spirits and leave you feeling energized and connected.

53413 W 1/20 1-2:15 PM \$5/\$7/\$9
Carnation Room

New! Gourmands Go Irish

Let's go on an Irish Mystery Gourmands lunch. We'll enjoy traditional Irish fare and hospitality. We always have fun when we don't have a clue where we're going. Another adventure for Gourmands! Food and beverages are purchased by individuals from a selected menu. Leadership and bus transportation included.

53310 Tu 3/15 10:30 AM-2:30 PM \$30/\$37/\$43
Lower Parking Lot/Glenview Mansion

Guitar - Beginner/Continuing

Learn the fundamentals or refresh your skills in basic Guitar in a variety of styles ranging from Folk to Blues to Country Western and beyond! The class will cover basic strumming techniques, scales and melodies, basic theory, and some tricks and tips to get you playing like a champ! Students will need a guitar and a notebook for this class. Acoustic guitars can be rented for \$40 a semester by calling 240-314-8820 by 1/20.

53804 W 1/27-3/2 1-2 PM \$87/\$108/\$134
Board Room

New! Malvina Reynolds

Local actress, Karen Webber Gilat will recreate the spirit and story of Malvina Reynolds, one of the greatest songwriters of the 20th Century. Her songs have found their way into the repertoire of entertainers, protesters, teachers, parents and children all around the world. Come listen and learn about this fascinating woman from the west coast who wrote 'Little Boxes' and who influenced many others.

53402 W 3/9 10:30-11:45 AM \$6/\$9/\$11
Azalea Room

New! Maryland and The Road to Freedom

In recognition of Black History month, Professor Joan Adams will present a program on Josiah Henson and Frederick Douglass, covering their important roles in American history. Both men were born into slavery and became symbols to the world for the quest for freedom.

53414 M 2/1 10:15-11:15 AM \$6/\$9/\$11
Card Room

New! Modern Views of Women in the Bible III

A traditional reading of the Bible sees women in submissive roles. Modern scholarship suggests a different interpretation of the roles and importance of biblical women. Study several passages and examine how a different approach can lead to a better appreciation of the women of the Bible. Bring a complete Old Testament or complete Bible.

53795 W 2/17 & 2/24 1-2:30 PM \$20/\$25/\$32
Azalea Room



Nothing cancels a good class quicker than waiting until the last minute to register. If there aren't enough registrations by a certain date, the course may be cancelled.

REGISTER EARLY!

Seniors

News In Review

Join Professor Joan Adams for this special program combining a bit of politics, current events and entertainment all rolled into one. She will keep us informed and enlightened on what's happening now.

53381 M 3/7 10:15-11:15 AM \$6/\$9/\$11
Card Room

Peeking at the Presidents

Joan Adams, our popular college professor, presents an in-depth view of the times and issues faced by our Commanders-in-Chief.

John F Kennedy

The youngest man ever elected President and the first to be born in the 20th century, held office for a little more than 1,000 days. President Kennedy urged the Country to enter a New Frontier. He is known for his wit at press conferences and his deliberateness during the Cuba Crisis. His presidency exemplified intelligence, vitality, charm and courage. Was it really Camelot?

53378 M 1/11 10:15-11:15 AM \$6/\$9/\$11

Lyndon Johnson

He becomes the first President to be sworn into office by a woman. President Johnson becomes President of a Nation reeling from a popular President's assassination. So, how did this poor kid from Texas, who worked as a shoe shine boy to raise money, grow up to be President? What was the country like during The Great Society?

53379 M 2/8 10:15-11:15 AM \$6/\$9/\$11

Richard Nixon

President Nixon becomes the first to resign from office. He made a name for himself in his cross examination of Alger Hiss. His greatest foreign policy coup came in 1972 when he visited China. How did this well known Vice President become known as Tricky Dick and find himself in the midst of the Watergate crisis?

53380 M 3/14 10:15-11:15 AM \$6/\$9/\$11
Card Room



Piano Lessons- Beginner

Always wanted to learn the piano? Or did you play when you were younger and want to start again? Class will cover the keyboard, rhythms and techniques. Piano lesson book available from the instructor at first class for \$9. Class limited to 3 participants to allow for individual instruction.

53805 Tu 1/26-3/1 10:30-11:30 AM \$80/\$100/\$125
Board Room

New! Piano Lessons-Continuing

Continue to increase your knowledge and skill with our small group piano lessons. If you took the beginner class in the fall or have had previous experience, this class is for you. Class covers keyboard, rhythms and techniques. Books available from instructor at first class for \$9. Class is limited to 3 participants to allow individual attention.

53807 Tu 1/26-3/1 12-1 PM \$80/\$100/\$125
Board Room

Piecemakers' Club

Come join our friendly group of quilters. You may work on your own or join a group project. This is a great opportunity to share ideas, techniques and keep current on the latest trends in quilting. No class 1/18, 2/15

53377 M 1/11-2/29 12:45-2:45 PM \$9/\$13/\$17
Arts and Crafts Room/Broad

Senior Center Membership Fees

\$40/year - Rockville Residents
\$135/year - Non-residents; \$65 spouse

Senior Center Fitness Club Membership Fees

\$85/year (Must be a Senior Center member)

Seniors

Positive Aging Project

Our Positive Aging Program offers free individual counseling and informal support groups designed to address the unique challenges of aging. All groups are led by Counselor Rika Granger, LCSW-C. To make an appointment for one-on-one support call 240-314-8810.

Transitions

Life transitions often produce anxiety as well as a sense of loss and grief. With changes in physical health, a move or the loss of a spouse or loved one, the transition from middle adulthood to senior status can be a difficult period. This monthly group will give you an opportunity to explore how to cope with major life changes.

53881 Tu 1/5-2/9 1-2:30 PM Free/Free

Women Living Alone

If you are a woman living alone, join us for this group. We will meet the first and third Thursday of each month to share experiences and discuss strategies for improving the quality of our lives.

53882 Th 1/7-3/17 1-2:30 PM Free/Free

Brain Fitness

Six sessions: a hands on educational and discussion group. Learn and then participate in brain fitness exercises and games. To be held the 2nd and 4th Tuesday of the month, 1-2:30 pm. Session I will be a brief overview of the value of brain fitness. The remainder of sessions will be filled with brain fitness games and exercises, on paper, in traditional games and on the computer.

53889 Tu 1/12-3/22 1-2:30 PM Free/Free

Palliative and Comfort Care

A four session information (Q & A included) psycho-educational group on end of life care. To be held the 2nd and 4th Thursday of the month, 1-2:30 p. Session I - an overview of WHAT is and WHY access palliative care. Session II - WHEN and HOW to access palliative care. Session III - WHO to access and WHERE to find palliative care. Session IV - review and reflect.

53890 Th 2/11-3/24 1-2:30 PM Free/Free
Blossom Room

Science Tuesdays

Join us each month for an engaging presentation and conversation with a scientist. A different topic will be the focus each meeting. No scientific background is required, just your curiosity. Co-sponsored by Rockville Science Center.

Orange-you Glad You are Learning More?

If you think gas is expensive, have you bought a gallon of OJ lately? Cristina Gouin-Paul, USDA Beltsville, is a support scientist managing the citrus quarantine greenhouse and laboratory for almost 25 years. Learn about the pathogen infected plant material grown in Maryland, in a greenhouse, so that we can work with pathogens which occur globally, because there is no commercial citrus grown within 800 miles of the facility!

53982 Tu 1/12 1-2 PM Free/Free

Planting, Pulling, Fire & Water

Dr. Deborah Landau has spent the past 15 years focusing on restoration at more than 30 Nature Conservancy preserves across Maryland/DC and reaching into West Virginia. Her projects include planting, pulling, fire and water and bringing it all together with Ecological Restoration in Maryland's natural areas. Join us in learning more about the process from a Ph.D. entomologist/plant biologist.

53983 Tu 2/9 1-2 PM Free/Free

All You Need to Know About Life on Earth

Bob Corrigan is the Director of Operations and Secretariat for the Encyclopedia of Life (EOL), a global program launched in 2008 following Professor E.O. Wilson's TED Prize wish in 2007. He is a member of the staff at the Smithsonian Institution's National Museum of Natural History. Come hear more about EOL and its vision to provide global access to knowledge about life on Earth.

53984 Tu 3/8 1-2 PM Free/Free

Need Help with Your Taxes?

Senior Income Tax Assistance

Mondays, Feb. 1- April 11

Appointment needed, No fee, 240-777-2577

Seniors

Spring Home Maintenance Tips

Give your home a complete physical - inside and out and be ready for the warm-weather months. Jerry Jones, Senior Citizen Home Maintenance Coordinator, will distribute and discuss a spring home maintenance checklist that includes roofs, windows, foundations, gutters, decks and more.

53899 Th 3/31 1-2:30 PM Free
Blossom Room

New! Swing Warmly Into Winter

A new season to be celebrated with classic swing era music! The great orchestras of Goodman, Dorsey, Miller, Shaw, Ellington, Basie, Herman, and many more playing the songs that defined the dancing era. These bands launched the careers of many great singers so come hear these glorious orchestras and stay toasty.

53098 M 1/25-2/8 1-2:30 PM \$10/\$13/\$17
Card Room

Turning 65?

Happy Birthday! You now have choices and Medicare is one of them. There are important questions you need to think about now. Do you need to sign up for Medicare? Can you work and get Medicare? Need a refresher? Join representatives from the Senior Health Insurance Assistance Program, and learn where to begin and how to get help.

53892 Tu 1/26 7-9 PM Free/Free
Carnation Room

Watercolor - Beginner /Continuing

Learn the beauty and magic of watercolor through basic techniques such as washes, wet-in-wet, dry brush and color mixing. The instructor will demonstrate and there will be studio time to explore these techniques. Focus will also be on values, composition and textures.

53372 Tu 1/12-2/23 1-3 PM \$78/\$97/\$120
53373 Th 1/14-2/25 1-3 PM \$78/\$97/\$120
Blossom Room/Fry

Watercolor - Advanced

This class is for students who have previous experience working in watercolor. Investigate new techniques and refine skills while adding drama to your work. The class will discuss elements, principles, design and other methods you can use to make projects more engaging. Enjoy a small group setting with individual attention.

53376 Th 1/14-2/25 10 AM-12 PM \$78/\$97/\$120
Card Room/Fry

Keep it Real...Estate

Thinking of selling your home? Highlight your home's strengths, downplay its weakness and appeal to the greatest possible pool of prospective buyers. Presented by Pat Shultz, Realtor.

53987 M 2/22 1-2:30 PM Free/Free
Azalea Room

New! Woodworking - Let's Step Up

Let's step up and make a perfect accessory for everyone's home, a wooden foot stool. Professor Peter McNally from Montgomery College, will help you with this simple project. All materials are supplied.

53406 Th 2/25 10 AM-12 PM \$14/\$18/\$24
Woodshop



Seniors

Are you a Senior Center member?

If so, you are eligible for a discount on adult classes.
See page 34

Computers for Seniors

Before registering, we recommend visiting the Computer Lab for course information and placement. For class advice, call 240-314-8805 or email rockvillecomplab@hotmail.com.

(B)=Beginner; (I)=Intermediate;
(IP)=Intermediate Photography.

(B) Computer Basics

In this introductory course, learn basic skills including computer vocabulary, opening and saving files, monitor and desktop settings, shortcuts, menus and software. Create a variety of different icons to personalize your computer. Learn how to access the Internet and your e-mail from any computer.

53817	Tu & Th	12/15-12/17	10 AM-12 PM	\$15/\$20/\$25
53818	Tu & Th	1/26-1/28	10 AM-12 PM	\$15/\$20/\$25
53819	Tu & Th	2/23-2/25	10 AM-12 PM	\$15/\$20/\$25
53820	Tu & Th	3/15-3/17	10 AM-12 PM	\$15/\$20/\$25

Computer Lab/Hickman

(B) e-Mail Fundamentals

E-mail got you down? Learn how to enroll and use an e-mail program. In some cases, you may be able to use your preferred e-mail provider in this class as you practice sending, downloading and saving attachments.

53826	W	12/9	1-3 PM	Free/\$5/\$7
53829	W	3/16	1-3 PM	Free/\$5/\$7

Computer Lab/Martin

(B) Function Keys

One of the biggest differences between a typewriter and the computer keyboard is the row of keys at the top of the keyboard that are labeled F1 through F12, commonly known as function keys. These keys may have a variety of different uses or no use at all. See how function keys will improve your work on your computer.

(B) Function Keys

53830	Tu & Th	3/15-3/17	1-3 PM	\$15/\$20/\$25
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Computer Lab/Hickman

(B) New to Computers?

For those new to computers (or just afraid to try) this class will familiarize you with the basic components of computers. We will introduce you to everyday tasks like email, word processing and surfing the web. No experience required.

53844	Tu	1/5	10 AM-12 PM	\$5/\$7/\$9
53845	Tu	2/2	10 AM-12 PM	\$5/\$7/\$9
53846	Tu	3/1	10 AM-12 PM	\$5/\$7/\$9

Computer Lab/Hickman

(B) Right Click - Left Click

Come discover how to find, move, copy and save your files and pictures. Create or delete shortcut icons on your desktop, emails and documents. It is all easy when you understand your mouse.

53855	W	1/13	1-3 PM	Free/\$5/\$7
53854	W	2/10	1-3 PM	Free/\$5/\$7

Computer Lab/Martin

(B) Windows PC Backup

Backing up your system (files) is an often neglected task. When and how do I back up my system? How long do I hold my backups? What type of backup media is the best? Learn the answers to these and other important questions you might have. Note: \$3 material fee payable to instructor at first class.

53868	Th	12/10	10 AM-12 PM	\$7/\$9/\$13
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Computer Lab/Hickman

(B) Word Processing

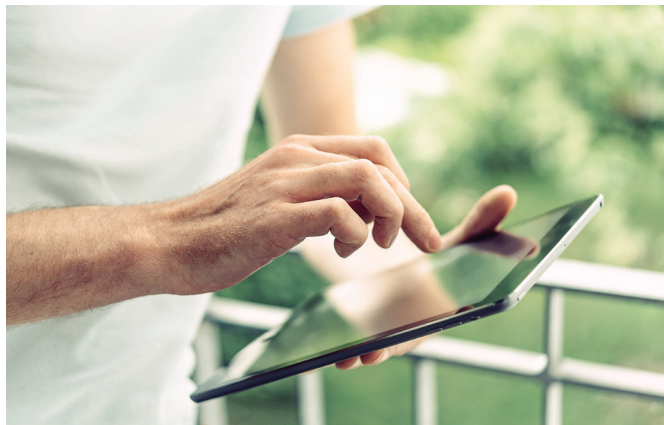
Word processing skills are required for many applications. Learn how to insert, edit, move and delete text and pictures. Files may be moved to a different document, PC or external memory. Learn the value of the 'Save As' command.

(B) Word Processing

53870	W	1/20-1/27	1-3 PM	Free/\$5/\$7
53871	W	2/17-2/24	1-3 PM	Free/\$5/\$7

Computer Lab

Seniors



(BI) iPad Basics

A hands-on class for iPad beginners and anyone else who wants to get more out of their iPad. We will start with the basics: terminology, the physical layout and settings. The class will progress to discovering Siri voice activation and integrating with the Cloud. Bring your iPad, power cord and adapter to class. If you already have an iTunes account, please bring your login ID and password. Note: There may be a handout fee.

53835 Tu & Th 2/9-2/18 1-3 PM \$40/\$48/\$60
Computer Lab

(BI) iPhone Basics

A hands-on class for iPhone beginners and anyone else who wants to get more out of their iPhone. We will start with the basics: terminology, the physical layout and settings. Discover the iCalendar and camera and Siri, voice dictation, manage contact and connect to iTunes and the App store. Keep your iPhone running efficiently and learn to use iCloud for back-up. Bring your iPhone, power cord and adapter to class. If you already have an iTunes account, please bring your ID and password. Note: There may be a handout fee.

53836 Tu & Th 2/9-2/18 10 AM-12 PM \$40/\$48/\$60
Computer Lab

(BI) Navigating Facebook

Spend two sessions discovering how to enjoy connecting through Facebook. Learn how to find friends, 'friend' people, 'like' something, post status updates, photos and comments. We will also review our individual privacy settings as we progress from one task to another and reset them if necessary. Note: There may be a handout fee.

53843 Tu & Th 3/8-3/10 10 AM-12 PM \$20/\$24/\$30
Computer Lab

(BI) PC Infections

As more and more information is available on the Web, it is increasingly important to protect your identity and to maintain your computer's security. Learn tips to ensure both you and your computer are protected against hackers, scammers and identity thieves. Learn how to identify the signs and symptoms of malicious software.

53847 W 12/9 10 AM-12 PM \$7/\$9/\$13
53848 Th 3/10 1-3 PM \$7/\$9/\$13
Computer Lab/Hickman

(BI) Pictures, Phone to PC

Many of us enjoy taking pictures with our smart phones and tablets. Learn how to transfer these pictures from your mobile devices to your computer. Make folders, organize your pictures and have fun with your picture projects.

53853 Tu 12/15 1-3 PM Free/Free
Computer Lab

(I) Computer Troubleshooting

Most people experience occasional computer problems such as a document that won't print, a computer that won't turn on, the inability to access the internet or a blue screen. Don't panic. Come learn some basic troubleshooting techniques and solve your computer problems.

53821 M & W 12/14-12/16 1-3 PM \$15/\$20/\$25
Computer Lab/Hickman

(I) e-Bay

Everyone has 'junk' in their attic. Learn how to turn it into cash using e-Bay, Paypal and Sniping. Acquire new merchandise for sale and profit. Write your own eye-catching ads. Learn how to use watch lists, reserves, feedback and how to avoid fraud. Prerequisite: Ability to access the Internet. Note: \$10 manual fee payable to instructor at first class.

53825 Tu & Th 1/5-1/14 1-3 PM \$39/\$48/\$59
Computer Lab/Bender

Seniors

(I) Facebook - Beginner

Facebook is a social networking website with billions of subscribers. Users create personal profiles to connect and share with friends and family. Learn how to join the world of Facebook and set up an account in class.

53856	M	1/25	10 AM-12 PM	\$9/\$11/\$15
53857	M	3/7	10 AM-12 PM	\$9/\$11/\$15

Computer Lab

(I) Laptops - Windows 7

You can do just about anything on a laptop that you can do on a desktop. Bring your laptop to class and learn about wireless connections, touch pads, Internet access, protecting your computer from theft and other important features of Windows 7.

53865	M & W	1/4-1/6	10 AM-12 PM	\$15/\$20/\$25
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Computer Lab/Hickman

(I) Laptops - Windows 8

You can do just about anything on a laptop that you can do on a desktop. Bring your laptop to class and learn about wireless connections, touch pads, Internet access, protecting your computer from theft and other important features of Windows 8.

53866	M & W	1/11-1/13	10 AM-12 PM	\$15/\$20/\$25
53867	M & W	3/14-3/16	10 AM-12 PM	\$15/\$20/\$25

Computer Lab/Hickman

(I) Maintaining Your Computer

Does your system have frequent pop-up messages? Does it take a while to start up or shut down? We will look at some tips to help improve its performance and answer questions that puzzle you about your computer. Note: Handout fee of \$3 will be collected at class.

53837	Tu & Th	12/8-12/10	1-3 PM	\$9/\$11/\$13
53838	M & W	3/28-3/30	10 AM-12 PM	\$9/\$11/\$13

Computer Lab/Hickman



(I) Microsoft Excel

Learn how to enter data, create a basic worksheet from data, and design, develop, format and manipulate spreadsheets with MS Excel (10 Version). Note: \$5 handout fee payable to instructor at first class.

53839	M & W	2/10-2/22	10 AM-12 PM	\$27/\$34/\$42
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Computer Lab/Hickman

(I) Microsoft Word

Have you struggled with the appearance of your text, not been able to line up text, collate a list or make your documents look professional? Join us as we explore these and other issues. Note: \$5 handout fee payable to instructor at first class.

53842	M & W	2/1-2/8	10 AM-12 PM	\$27/\$34/\$42
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Computer Lab/Hickman

(I) Photo and Print Mounting for Display

One class meeting of two hours to discuss and demonstrate the techniques for archival mounting of photography and / or artwork. Learn how to use a relatively inexpensive matte cutting tool that will enable you to save money on mounting and framing. Bring an 8 x 10 photograph for actual mounting (two will be chosen) and recover the cost of this class meeting.

53872	Tu	2/23	1-3 PM	\$10/\$12/\$14
53873	Th	2/25	1-3 PM	\$10/\$12/\$14

Azalea Room

Like us on Facebook

City of Rockville Farmers Market
Croydon Creek Nature Center
Fitzgerald Theatre Rockville
Rockville Seniors
City of Rockville Sports Leagues



Seniors

(I) PowerPoint

Create a dynamic electronic presentation using eye-catching features. Learn how to use built-in templates, themes, designs and background styles. Topics will also include how to add titles, charts, tables and pictures. Note: \$5 handout fee payable to instructor at the first class.

53840 M & W 3/21-3/28 1-3 PM \$27/\$34/\$42
Computer Lab/Hickman

(I) Profit From Your Options

Options can work to enable you to double or triple dividends on stock you already own. Come and learn how to trade options safely on stock you do not own for returns of 1 - 5% weekly without investing any of your own money. Detailed handouts will be provided for your future reference and a handout fee of \$5 will be collected at the first meeting.

53876 Tu & Th 1/19-1/28 1-3 PM \$36/\$46/\$56
53860 Tu & Th 3/22-3/31 1-3 PM \$36/\$46/\$56
Computer Lab/Bender

(I) Windows 10

The next version of Windows is here. Learn about the updated features and the new browser.

53862 M & W 1/4-1/11 1-3 PM \$27/\$34/\$42
53863 Tu & Th 3/1-3/8 1-3 PM \$27/\$34/\$42
Computer Lab

(I) Windows 7

Check out the look of Windows 7: control panel, screen savers, wallpaper and more. Learn what's on the desktop, in file management, monitor and power settings. Advanced tools such as auto arranging your desktop, using sticky notes and the gadget feature will also be covered.

53864 M & W 3/7-3/14 1-3 PM \$36/\$46/\$52
Computer Lab/Hickman

Windows 10 Laptop

With the rollout of Windows 10 on new laptops, learn how to navigate the newest Windows platform.

53875 M & W 3/21-3/23 10 AM-12 PM \$25/\$30/\$35
Computer Lab



(IP) Digital Photography

This comprehensive program will address the digital camera to its fullest. Topics covered will be camera calibration, point and shoot enhancements, semi-automatic controls, manual controls, portrait proficiency, lighting, filtration and High Dynamic Range (HDR) photography. You'll get the most from your digital camera with this detailed program. A class handout (\$10) will be provided at the first meeting. Bring your camera and manual to every class.

53851 Tu & Th 1/5-2/11 3-5 PM \$117/\$143/\$169
Computer Lab

(IP) Photoshop for Beginners

Taking pictures is never enough. To become a good photographer an understanding of editing is a necessity and the best software to accomplish this is 'Photoshop'. Through proper editing your photographs will gain 'life' in sharpness, contrast and overall definition. To understand how to take photographs properly, understanding the edit procedure is a must. Note: \$10 materials fee payable to instructor at first class.

53852 Tu & Th 2/16-3/31 3-5 PM \$64/\$74/\$84
Computer Lab



Seniors

Fitness and Wellness

We recommend bringing a water bottle to all fitness programs.

A Matter of Balance

Balance exercises help improve stability, coordination, leg strength and posture. The exercises in this class will help reduce the risk of falling, help prevent injury and improve overall daily life.

53311 W 1/6-3/2 12:10-12:50 PM \$33/\$38/\$48
Exercise Room/Main

New! Moving the Needle with Acupuncture

Acupuncture is the ancient form of Chinese Medicine used to treat pain and illness by balancing the flow of energy while stimulating the body's natural self-healing abilities. Discover the medical conditions acupuncture is known to treat and how this ancient technique is used to restore balance with Acupuncturist and Internist Dr. Andrew Wong.

53937 Th 3/24 1-2 PM Free
Azalea Room

Aerobic Workout

Step up to the latest exercise designed for the active senior who can walk and turn with ease. Aerobic dancing provides enjoyable exercise using easy dance movements with one foot safely in contact with the floor at all times.

53312 Tu & Th 1/5-3/3 11 AM-12 PM \$48/\$60/\$72
Exercise Room/Klopper

Arthritis Foundation - Exercise

Designed by the Arthritis Foundation, this class uses gentle movements to help increase joint flexibility and range of motion, maintain muscle strength and increase overall stamina. Exercise can help reduce pain and stiffness as well as feelings of isolation and depression.

53313 Tu & Th 1/5-3/3 1-2 PM \$53/\$65/\$78
Exercise Room Side 2/Owen

Cardio Motion

Try this great program designed to offer 25 minutes of easy to follow cardio movements followed by 25 minutes of strength training, ending with 10 minutes of stretching and relaxation for a complete workout.

53317 M & W 1/4-3/9 1-2 PM \$48/\$60/\$68
Exercise Room/Main

Chair Cardio

Try this exciting cardio class and get your heart pumping while listening to fun, energetic music. Stay seated throughout the entire class and get a great aerobic workout.

53318 F 1/8-3/4 1:30-2:30 PM \$30/\$37/\$43
Exercise Room/Owen

Chair Exercise

This seated program is performed to music. Exercise patterns are designed for those with limited mobility to help develop strength, flexibility, endurance and promote better circulation.

53319 M & W 1/4-3/9 11 AM-12 PM \$48/\$60/\$68
Exercise Room/Ramsey

Chi Gong (Qigong)

Chi Gong is a set of meditative exercises combining simple body movements, breathing and mental imagery. You can direct the flow of your body's energy to help prevent disease and build strength.

53935 F 1/8-3/4 11-11:45 AM \$45/\$56/\$67
Blossom Room/Helfer

Ask the Wellness Coach!

Let our coach check your body fat composition.

Ask questions related to nutrition, diet and general health.

Call for your free 15-minute appointment or stop by the Fitness Room desk.

(Fitness Members Only)

240-314-8813

Seniors

New! Dealing with Chronic Pain

More than 130 million Americans suffer from chronic pain or frequently occurring pain. Chronic pain creates both physical and psychological problems that affect whether a person can engage in meaningful activities each day. Pain can decrease a person's strength, coordination and independence in addition to causing stress that may lead to depression. Join Marieliz Llanos, OTR/L occupational therapist with NMS Wellness Physicians Services as she discusses how occupational therapy can lead to an active productive life. Treatments beyond medication will be discussed.

53920 Th 12/17 1-2 PM Free/Free
Azalea Room

Easy Feet

Using fun, energetic music, you will learn easy to follow patterns while receiving a great light cardio workout. This class is appropriate for beginners.

53323 F 1/8-3/4 11:15 AM-12 PM \$30/\$38/\$45
Exercise Room/Finn

Easy Zumba

Combine fun, energetic and motivating music with easy to follow movements and dance away your worries. Zumba is great for both the body and mind. This feel-happy workout will encourage you to keep coming back for more. Appropriate for beginners.

53324 M & W 1/4-3/9 10-10:50 AM \$48/\$60/\$72
(M) Exercise Room/Finn
(W) Carnation Room/Finn

Fitness Club

Interested in becoming a Fitness Club member? Work out in our state of the art fitness room. Basic equipment training is required for new members. Instruction is offered by appointment only. You must be a Senior Center member to join the Fitness Club. The Fitness Club membership fee is \$85 annually. Stop by the reception desk to set up your appointment. Some Saturday appointments available.

Basic Exercise Machine Training

Basic exercise machine training is required of all new Fitness Club members. This is done by appointment only. Appointments can be made at the front desk.

53325 M-F 1/4-4/22 8 AM-6 PM \$15

Exercise Machine Training - Plus

For those individuals who would like more than the required basic training program, this training is led by one of our certified personal trainers. You will receive a basic exercise plan designed specifically for you at the conclusion of your session.

53326 M-F 1/4-4/22 8 AM-6 PM \$40
Fitness Room/TBA

Forever Fit

Receive a total body workout that combines cardio exercise, strength training and flexibility. All exercises are done standing or seated in a chair. No mat work will be done. Exercises are appropriate for all fitness levels.

53927 M 1/4-3/14 12:10-12:50 PM \$30/\$38/\$45
53327 Tu & Th 1/5-3/3 10-10:50 AM \$60/\$75/\$90
Exercise Room/Maguire

Questions about your workout?

Ask the Trainer!

Call for a free 15-minute
appointment
or stop by the Fitness
Room desk.

(Fitness Members Only)

240-314-8813



Seniors



New! Nutrition After 50

Are you interested in learning how to optimize your day to day performance with food choices that will impact your metabolism, immune system and overall health? Join Registered Dietician Rhonda Brands as she discusses the basics of meal planning, what to look for on food labels and diet modifications that will help you to look and feel your best in your 50's and beyond.

54201 Th 1/28 1-2 p.m. Free

New! A Heart to Heart

Get to the heart of the matter and discover how lifestyle changes and medication management can reduce your risk of developing coronary artery disease. Join Karen Lieberman, nurse practitioner, for a discussion on the signs, symptoms and risk factors of this disease and when it is important to consult your doctor and receive diagnostic cardiac exams.

53933 Th 2/25 1-2 PM Free/Free
Azalea Room

New! Living with Arthritis

Do you have pain in your joints that persists for more than a week? If so, it could be arthritis and should be evaluated by a health-care practitioner. Joints are where your bones meet. They allow you to move your body and provide support. Damage to your joints from disease or injury may interfere with your ability to move easily. without pain, and may limit your activities. Suggestions for improving mobility will be discussed. Presented by Marieliz Llanos, OTR/L, occupational therapist with NMWellness Physician Services.

53910 Th 1/7 1-2:30 PM Free/Free
Azalea Room

New! On Your Feet - Yoga Blend

This class includes basic Yoga poses in a slow and easy pattern adding elements of balance and core strengthening exercises. This class will be done in a standing position or seated position. No mat work involved.

53938 F 1/8-3/4 1:30-2:15 PM \$45/\$56/\$67
Blossom Room/Finn

Personal Trainer

Be evaluated by a nationally-certified personal trainer who will design an individualized program based on your needs. Register at the front desk and you will be contacted by one of our trainers to schedule an appointment. Some Saturday appointments are available. Fitness Club members only.

One - One Hour Session

53331 M-F 1/4-4/29 8 AM-6 PM \$49

Two - One Hour Sessions

53332 M-F 1/4-4/29 8 AM-6 PM \$95

Three - One Hour Sessions

53333 M-F 1/4-4/29 8 AM-6 PM \$135

Six - One Hour Sessions

53334 M-F 1/4-4/29 8 AM-6 PM \$250

Ten- One Hour Sessions

53335 M-F 1/4-4/29 8 AM-6 PM \$395
Fitness Room

New! Pilates-Barre Fusion

This class uses a combination of postures inspired by Pilates and yoga, fused with elements of ballet. The chair is used as a prop to help you balance while performing exercises that focus on holding your body still while you contract a specific set of muscles. Please bring hand weights and mats.

53918 M 1/4-3/14 8:45-9:30 AM \$45/\$56/\$67
Multi Purpose Room Wood Side TFCC/Finn

Self Help with Jin Shin Jyutsu

Jin Shin Jyutsu is an ancient healing art which helps balance the body's energy and promotes optimum health and healing. Learn ways to help prevent colds, headaches, stomach aches, tiredness, breathing issues and much more! Simple daily maintenance will be discussed. Betty Figlure has been a JSJ practitioner for over 30 years and regularly teaches workshops.

53909 W 2/17-2/24 1-2:30 PM \$12/\$14/\$16
Azalea Room

Seniors

Senior Abs and Back

The core is the key to better posture, better balance and better movement. This class will focus on the core through exercises using your upper and lower abdominals, pelvic floor, obliques, buttocks, mid and lower back muscles. Most exercises will be done on the floor; participants must be able to get up and down from the mat.

53337	Tu	1/5-3/1	5-5:45 PM	\$40/\$48/\$57
53891	W	1/6-3/2	2:15-3 PM	\$40/\$48/\$57
Exercise Room/Main				

Senior Fit

Improve your health and become more independent with the help of an exercise physiologist. Sponsored by Holy Cross Hospital and Kaiser Permanente, all participants must register and have a signed doctor's certificate. Note: First Wednesday of every month, class held at Lincoln Park Community Center.

53339	M & W	1/4-3/23	1:30-2:15 PM	Free
53340	M & W	1/4-3/23	2:20-3:05 PM	Free
Carnation Room/Aehle				

Senior Functional Training

While focusing on functional movement, this class includes routines designed to improve strength for all muscle groups. Supercharge your workout, boost your metabolism, burn fat and reach your fitness goals. Participants will use weights and mats. This workout is for all fitness levels.

53341	Sa	1/9-3/5	10-11 AM	\$43/\$54/\$64
Fitness Room/Owen				

Senior Pilates - Intermediate

Participants should have a basic knowledge of Pilates movements and breathing. Strengthening and stretching exercises will target abdominal and pelvic muscles to improve balance, posture, flexibility and core strength.

53345	Tu	1/5-3/1	2:15-3 PM	\$57/\$71/\$85
53346	Tu & Th	1/5-3/3	2:15-3 PM	\$98/\$122/\$147
Exercise Room/Klopper				



Senior Pilates Basics

Learn all the basic Pilates moves while targeting abdominal and pelvic muscles to improve balance, posture, flexibility and core strength. Enjoy this non-impact, mind/body workout using mats (provided). This class is appropriate for beginners.

53347	Th	1/7-3/3	11-11:45 AM	\$57/\$71/\$85
Blossom Room/Main				

Senior Sculpt

It's never too late to build muscle. Work all your major muscle groups with the use of weights, bands and tubes. The instructor will guide you through each movement with specific instructions. All movements will be appropriate for seniors. This class includes work on the mat.

53348	F	1/8-3/4	9-9:45 AM	\$40/\$50/\$60
Multi Purpose Room Both Sides TFCC/Ramsey				

Senior Strength and Stretch

This class begins with 30 minutes of strength training exercises, which includes the use of weights, tubes and bands as well as core-strengthening mat work. We will finish the class with 15 minutes of yoga, leaving the body stretched and relaxed. This class includes work done on the mat.

53349	F	1/8-3/4	9-9:45 AM	\$40/\$50/\$60
Exercise Room/Maguire				

Senior Strength Training

This class is designed to build muscle strength, endurance and improve balance. Instructor will guide you through a variety of movements while working all major muscle groups with the use of weights, bands and tubes. This class includes work done on the mat.

53352	Tu & Th	1/5-3/3	9-9:45 AM	\$64/\$80/\$96
Exercise Room/Ramsey				

Seniors

Senior T'ai Chi Ch'uan - Beginner/Intermediate

Combine body movement, breathing and mental awareness to promote health and relaxation. This class will incorporate and compare different styles of T'ai Chi, which will include certain historical and cultural aspects. For Senior Center members only. Please note: Class will not be held on the third Thursday of each month.

53353 Tu & Th 1/5-3/10 10-10:50 AM \$8
Carnation Room/Gegan

Senior Triple Challenge

This great class will address the three major components of exercise: cardio conditioning, strength training and flexibility. Receive a total body workout in only an hour. Class can be modified for most fitness levels. This class includes work done on the mat.

53354 W 1/6-3/2 5-6 PM \$44/\$55/\$66
Exercise Room/Biedscheid

Senior Yoga

Yoga is a lifestyle incorporating exercise, diet, proper breathing, relaxation, meditation and positive thinking. Learn gentle stretching and strengthening exercises. Wear comfortable, loose-fitting clothing. Bring a yoga sticky mat.

53355 W & F 1/6-3/4 (W) 9:50-10:50 AM \$93/\$116/\$139
(F) 10-11 AM
Exercise Room/Figure

Show Stoppers

The Show Stoppers, a dance performance group, perform at various functions. If you are interested in learning, practicing and performing choreographed dance routines, join this group and be a star. For Senior Center members only.

53356 Tu & F 1/19-3/18 12:15-1 PM Free
(Tu) Carnation Room/Finn
(F) Blossom Room/Finn

Triple Zen

Experience the benefits of flexibility through yoga while gaining core strength and conditioning through Pilates in this fusion class, performed in a flowing pattern. Bring a yoga sticky mat.

53365 M 1/4-3/14 11:15 AM-12 PM \$45/\$56/\$67
Carnation Room/Maguire



Stress Reduction and Meditation

Are you stressed? Does anxiety cause you to feel nervous and keep you awake at night? This class will give you the tools to focus, relax, and come to a more peaceful sense of being. There will be time for meditation and discussion. Betty Figure has taught meditation, guided imagery and stress reduction classes for over 30 years.

53908 M 1/4-3/21 1-2 PM \$30/\$35/\$40
Blossom Room

Total Conditioning Workout

This strength building, non-cardio fitness class is designed to improve strength, flexibility and balance using hand-held weights, bands and tubes. Intensity may be modified to suit most fitness levels. This class includes mat work.

53363 M 1/4-3/14 9-9:45 AM \$44/\$55/\$66
53364 F 1/8-3/4 12:15-1 PM \$44/\$55/\$66
Exercise Room/Klopper

New! Triple Treat

Treat yourself to an afternoon of fun and fitness. Join us while we exercise away the afternoon including aerobic dance, strength training and ending with yoga poses and relaxation. Enjoy some special treats at the end of your workout. Please bring a yoga sticky mat.

53990 Th 3/24 1:30-3:30 PM \$7/\$9/\$12
Carnation Room/Klopper

Seniors

New! Walking Strong

Anytime is a great time to commit to a walking program. Feel and look better while getting healthier. This is a safe and fun indoor walking class which includes muscle boosting exercises, will increase circulation, boost your immune system and burn calories. Walk approximately one mile each class.

53329 Tu & Th 1/5-3/3 12:15-12:45 PM \$25/\$30/\$38
Exercise Room/Owen

Yo-Chi

This mind-body class combines standing and floor-based yoga postures with Chinese T'ai Chi movement patterns for the arms and legs. This fusion program will improve stability, strength, mobility and flexibility by combining the two oldest mind-body programs. Bring a yoga sticky mat. Modifications are available. Class is for most fitness levels.

53367 M 1/4-3/14 2:10-2:50 PM \$30/\$37/\$43
Exercise Room/Main

Yoga Flow

Sequence through basic yoga poses, including Warrior 2, Chair and Tree pose, in a slow-to-moderate flow pattern. This yoga practice begins with a warm-up and ends with a relaxation period. Please bring a yoga sticky mat.

53368 Tu & Th 1/5-3/3 1-2 PM \$65/\$81/\$98
Exercise Room Side 1/Main

Yoga-lates on the Ball

Tone, strengthen and stretch your muscles in this dynamic total body conditioning workout utilizing the stability ball. Learn a variety of creative exercises that challenge both mind and body. Increase body awareness, balance and coordination through core stability, using yoga and Pilates.

53369 W 1/6-3/2 8:45-9:30 AM \$50/\$63/\$75
Exercise Room/TBA

Zumba Gold

This easy Latin and internationally-inspired program is designed for beginners. It creates a party-like atmosphere that is fun and effective. Zumba Gold is great for the body and soul and provides a total body workout.

53370 M 1/4-3/14 5-6 PM \$33/\$41/\$48
Exercise Room/Ford

Sports - Instructional

We recommend bringing a water bottle to all sports programs.

Badminton

Learn to play or improve your game. Play is held at Twinbrook Community Recreation Center which has a wood floor court for badminton. Free to Senior Center members and Rockville residents. (Ongoing)

53314 W & F 1/6-4/22 8:45-9:45 AM Free
Twinbrook CRC-Gymnasium/TBA

Table Tennis - Beginner

This class is for those with little or no experience who want to learn techniques, basic rules and scoring. Not only is it fun to play, but the game also helps increase dexterity, flexibility, coordination and reflexes.

53359 M 1/25-3/7 1-2 PM \$28/\$35/\$42
Game Room/TBA

Table Tennis - Intermediate

This class is for those who have a basic knowledge of the rules, scoring and experience playing. Not only is the game fun to play but it also aids in dexterity, flexibility and coordination.

53358 W 1/20-2/24 1-2 PM \$28/\$35/\$42
Game Room/TBA

Winter Holidays

Christmas Day

Dec. 25

New Year's Day

Jan. 1

Martin Luther King Day

Jan. 18

Presidents Day

Feb. 15

Visit www.rockvillemd.gov/seniorcenter
for Rockville Senior Center updates!

Table Tennis - Advanced

This class is for those players who have advanced beyond the intermediate level of play. Participants must have a strong knowledge of rules and scoring.

53357 F 1/22-2/26 1-2 PM \$28/\$35/\$42
Game Room/TBA

Wii Play

Come bowl, play golf, baseball or tennis or try your fists at boxing - all through the game system, Wii. The light-weight remote is the key to these fun interactive games. Come and join the games on Friday mornings. Senior Center members only.

53366 F 1/8-3/4 10 AM-12 PM Free
Board Room/TBA



Rockville Senior Center FITNESS CENTER

**It's the best time to be a
senior in Rockville!**

7 a.m. – 7 p.m. Monday-Friday
7 a.m. – 3 p.m. Saturday

www.rockvillemd.gov/seniorcenter
240-314-8800

Sports - Leagues

We recommend bringing a water bottle to all league practices and games.

Game Room Activities

Play pool and table tennis daily in our game room. Open Monday and Wednesday 8:30 a.m.- 7 p.m., Tuesday, Thursday and Friday, 8:30 a.m.- 5 p.m. and Saturday, 8:30 a.m.- 2:45 p.m. Practice games, clinics and instruction are held regularly. Table tennis is available at Twinbrook Community Recreation Center on Wednesdays, 9-10 a.m. For members only.

53328 M-Sa 1/4-4/9 8:30 AM-5 PM Free
Game Room

Newcomb Volleyball

Join us for a different kind of volleyball in which players toss and catch the ball instead of hitting it over the net. Beginners, as well as experienced players, are welcome. Free to Senior Center members and Rockville residents. (Ongoing)

53330 W & F 1/6-4/22 10-11 AM Free
Twinbrook CRC-Gymnasium/TBA

Ten Pin Rockin' Rollers

When was the last time someone cheered for you? Come out and bowl with us. New members welcome. Note: Weekly \$9.00 fee is payable directly to Bowl America (Clopper Road, Gaithersburg) on day of play. Includes three games and shoe rental.

53361 Th 1/7-3/24 1-3 PM Free
Bowling Alley/Jaques

WAITING LIST



***If your desired class is
filled, you will be notified and
placed on a waiting list.***

We make every effort to accommodate those on the list. If an opening becomes available, we will go to the wait list to fill the class.

Seniors

Trips

TRIP REGISTRATION



In-Person Lottery

Thursday, Jan. 7, 10:30 a.m.

Senior Center Members and Residents
Numbers distributed random order, 10:15 a.m.

Friday, Jan. 8

Nonresidents and Nonmembers
Registrations accepted at Senior Center only.

Individuals may register for themselves and one other person.

Maryland Live! Casino

Join us for a trip to Maryland Live Casino! This world-class casino, located at the Arundel Mills Mall, has Vegas-style slot machines and electronic table games. Lunch will be on your own with choices such as The Cheesecake Factory, Phillips Seafood, Bobby Flay's Burger Palace and more. Trip includes leadership and charter bus transportation. Note: Package availability will be announced at trip registration.

53309 Tu 1/26 9 AM-4 PM \$33/\$42/\$48
Departs: Glenview Mansion

New! Smithsonian American History

Leap on the bus as we head to DC to the National Museum of American History. This museum preserves and displays the heritage of the US in areas of political, social, cultural, scientific and military history. After extensive renovations, the new Innovation Wing explores the history of American Business and is just one of many areas to see on your own. Individuals purchase lunch in the cafeteria. Trip includes charter bus transportation and leadership.

53814 M 2/29 9 AM-3 PM \$30/\$38/\$44
Departs: Glenview Mansion



New! A Capital Idea

Washington's many hidden treasures are going to be explored on this trip to Anderson House on Embassy Row. Led by Betsy Thompson, liscensed DC Tour guide, this is the oldest patriotic and historical society in the Country. This richly decorated home serves as the headquarters of the 'Society of the Cincinnati', which honors those who won American Independence in the Revolutionary War. After our docent led tour, we will have lunch at Buca Di Beppo. Trip includes tour, leadership, lunch and charter bus transportation.

53815 Tu 3/8 9 AM-3 PM \$65/\$80/\$92
Departs: Glenview Mansion

New! The Oakridge Boys

Just over the river at The Barns of Wolf Trap we have orchestra seats for a performance of 'The Oak Ridge Boys'. A favorite for many years, this award winning country - pop group was recently inducted into the Country Music Hall of Fame. Trip includes orchestra seat, leadership and charter bus transportation.

53403 Su 3/20 12:30-5:30 PM \$86/\$100/\$115
Departs: Glenview Mansion

Aquatics

Rockville Swim and Fitness Center

355 Martins Lane, Rockville, MD 20850

www.rockvillemd.gov/swimcenter
240-314-8750



The Swim Center has two indoor and two outdoor pools, outside interactive “sprayground,” 150-foot waterslide, dry saunas, whirlpool and fitness center. Several types of memberships are available or a daily admission pass can be purchased. Pool memberships must be up-to-date to receive the discounted rate for classes. A meeting room and kitchenette are available for event rental.

No classes March 27-April 1

Fees:

M = RSFC Member • NM = Non-RSFC Member

Registration Procedures

Swim Center Members

Tuesday, Dec. 1, 8:30 a.m.

Swim Center Non-members

Thursday, Dec. 3, 8:30 a.m.

Registration Deadline

One week prior to start date

To be eligible for a membership discount, participants registering for a course must have an annual, winter or summer membership for aquatics or the full facility. See www.rockvillemd.gov/swimcenterfeeschedule for a list of membership rates and types.

Credits or refunds will be issued for medical reasons only and must be accompanied by a letter from your doctor.

Note: \$10 withdrawal fee for all refunds; \$5 transfer fee.

Mail to:

Swimming Lessons
RSFC
355 Martins Lane
Rockville, MD 20850

Fax to:

Swimming Lessons
240-314-8759

Please Note:

The Rockville Swim and Fitness Center is now in the midst of a project that will replace the South Pool deck and renovate the heating, ventilation and air-conditioning (HVAC) system in the pool area. At this point, we are estimating completion in early 2016, pending any unexpected challenges with the work. Projects of this size have many unforeseen variables which can affect the schedule. Continue to stay tuned to our “Notify Me” email newsletter for developments. If you are not already subscribed, please visit www.rockvillemd.gov/swimcenter and click the “Alerts / Notify Me” button on the left side of the screen. A website dedicated to our renovation project is available at www.rockvillemd.gov/rsfcrenovations where you can view updates as work progresses. A number of photo updates of the project are available for viewing.

Aquatics



Adult/Child Swim

An adult must accompany each child into the water for every adult/child program. A signed doctor's note is required for the first class (either on the doctor's letterhead or a prescription pad.) The City does not provide a form for this purpose. Note: non-toilet trained children must wear a swim diaper under tight-fitting vinyl pants. Pants are on sale at the Center.

Bubblers 1

Introduce your baby to the water in a relaxed and playful manner. Learn basic skills and water safety. This is an adult/child class.

Age: 6-18 mo			M/NM
53468	Sa 1/2-2/13	10:50-11:20 AM	\$62/\$78
53469	Su 1/3-2/14	10:15-10:45 AM	\$62/\$78
53467	Tu 1/5-2/16	9-9:30 AM	\$62/\$78
53472	Tu 2/23-4/12	9-9:30 AM	\$62/\$78
53470	Sa 2/27-4/16	10:50-11:20 AM	\$62/\$78
53471	Su 2/28-4/17	10:15-10:45 AM	\$62/\$78

Bubblers 2

Tots with little or no experience are welcome. Children will learn the basics of swimming such as submerging, floating, kicking and arm stroking. This is an adult/child class.

Age: 18-36 mo			M/NM
53474	Sa 1/2-2/13	10:15-10:45 AM	\$62/\$78
53475	Su 1/3-2/14	9:40-10:10 AM	\$62/\$78
53476	Su 1/3-2/14	11:25-11:55 AM	\$62/\$78
53477	M 1/4-2/15	2-2:30 PM	\$62/\$78
53473	Th 1/7-2/18	9-9:30 AM	\$62/\$78
53481	M 2/22-4/11	2-2:30 PM	\$62/\$78
53482	Th 2/25-4/14	9-9:30 AM	\$62/\$78
53478	Sa 2/27-4/16	10:15-10:45 AM	\$62/\$78
53479	Su 2/28-4/17	9:40-10:10 AM	\$62/\$78
53480	Su 2/28-4/17	11:25-11:55 AM	\$62/\$78

Bobbers 1

Along with an adult, children will learn to adjust to the water. They will also learn simple water skills, such as submerging, floating, kicking and arm stroking. This is an adult/child class.

Age: 3-5			M/NM
53449	Sa 1/2-2/13	9:05-9:35 AM	\$62/\$78
53450	Sa 1/2-2/13	11:25-11:55 AM	\$62/\$78
53451	Su 1/3-2/14	9:05-9:35 AM	\$62/\$78
53452	Su 1/3-2/14	10:50-11:20 AM	\$62/\$78
53447	W 1/6-2/17	2-2:30 PM	\$62/\$78
53448	Th 1/7-2/18	9:30-10 AM	\$62/\$78
53453	W 2/24-4/13	2-2:30 PM	\$62/\$78
53454	Th 2/25-4/14	9:30-10 AM	\$62/\$78
53455	Sa 2/27-4/16	9:05-9:35 AM	\$62/\$78
53456	Sa 2/27-4/16	11:25-11:55 AM	\$62/\$78
53457	Su 2/28-4/17	9:05-9:35 AM	\$62/\$78
53458	Su 2/28-4/17	10:50-11:20 AM	\$62/\$78

Bobbers 2

Children who already know how to do a front float with a kick should sign up for this class. They will work on back floats, combining parts of the crawl stroke and endurance. Work in the deep end is done as well. This is an adult/child class.

Age: 3-5			M/NM
53460	Sa 1/2-2/13	8:30-9 AM	\$62/\$78
53461	Sa 1/2-2/13	9:40-10:10 AM	\$62/\$78
53462	Su 1/3-2/14	8:30-9 AM	\$62/\$78
53459	Tu 1/5-2/16	9:30-10 AM	\$62/\$78
53466	Tu 2/23-4/12	9:30-10 AM	\$62/\$78
53463	Sa 2/27-4/16	8:30-9 AM	\$62/\$78
53464	Sa 2/27-4/16	9:40-10:10 AM	\$62/\$78
53465	Su 2/28-4/17	8:30-9 AM	\$62/\$78

Fearful Floaters

This class is intended for children who have a reluctance to participate in a Floaters 1 class, but are ready to try a class without adult participation. Taught at a slower pace, it stresses water adjustment and comfort putting their face in water. To ease your child's anxiety, adults will remain on deck for the duration of the lesson.

Age: 4-6			M/NM
53508	M 1/4-2/15	4:40-5:10 PM	\$67/\$84
53509	W 1/6-2/17	4:05-4:35 PM	\$67/\$84
53510	M 2/22-4/11	4:40-5:10 PM	\$67/\$84
53511	W 2/24-4/13	3:30-4 PM	\$67/\$84

Aquatics

Preschool Swim

We love parents ... but in order to assist us in offering a quality program for your preschooler, we ask that you do not remain at the class unless it is otherwise stated in the description. Experience has shown that preschoolers are easily distracted due to their short attention spans. Note: Registration deadline for all activities is two weeks prior to the start of the class, unless otherwise noted.

Floaters I

This class is designed for children who need to become adjusted to the water. They will learn to do front and back floats, kick and stroke as well as put their face in the water. Children will learn to swim five yards on their front and back.

Age: 4-6			M/NM
53512	Sa	1/2-2/13	9-9:40 AM \$67/\$84
53514	Sa	1/2-2/13	10:30-11:10 AM \$67/\$84
53515	Sa	1/2-2/13	11:15-11:55 AM \$67/\$84
53520	Su	1/3-2/14	9-9:40 AM \$67/\$84
53521	Su	1/3-2/14	9:45-10:25 AM \$67/\$84
53522	Su	1/3-2/14	10:30-11:10 AM \$67/\$84
53523	Su	1/3-2/14	11:15-11:55 AM \$67/\$84
53518	M	1/4-2/15	3:30-4 PM \$67/\$84
53524	M	1/4-2/15	4:05-4:35 PM \$67/\$84
53513	Tu	1/5-2/16	4:30-5 PM \$67/\$84
53517	Tu	1/5-2/16	5:05-5:35 PM \$67/\$84
53519	Tu	1/5-2/16	5:40-6:10 PM \$67/\$84
53533	W	1/6-2/17	3:30-4 PM \$67/\$84
53534	Th	1/7-2/18	5:40-6:10 PM \$67/\$84
53516	F	1/8-2/19	3:30-4 PM \$67/\$84
53536	F	1/8-2/19	4:40-5:10 PM \$67/\$84
53532	M	2/22-4/11	4:05-4:35 PM \$67/\$84
53537	M	2/22-4/11	3:30-4 PM \$67/\$84
53535	Tu	2/23-4/12	4:30-5 PM \$67/\$84
53538	Tu	2/23-4/12	5:05-5:35 PM \$67/\$84
53539	Tu	2/23-4/12	5:40-6:10 PM \$67/\$84
53540	W	2/24-4/13	4:05-4:35 PM \$67/\$84
53541	Th	2/25-4/14	5:40-6:10 PM \$67/\$84
53542	F	2/26-4/15	3:30-4 PM \$67/\$84
53543	F	2/26-4/15	4:40-5:10 PM \$67/\$84
53525	Sa	2/27-4/16	9-9:40 AM \$67/\$84
53526	Sa	2/27-4/16	10:30-11:10 AM \$67/\$84
53531	Sa	2/27-4/16	11:15-11:55 AM \$67/\$84
53527	Su	2/28-4/17	9-9:40 AM \$67/\$84
53528	Su	2/28-4/17	9:45-10:25 AM \$67/\$84
53529	Su	2/28-4/17	10:30-11:10 AM \$67/\$84
53530	Su	2/28-4/17	11:15-11:55 AM \$67/\$84

Floaters 2

Children who are comfortable in the water, can submerge for 5-10 seconds and can swim five yards on their front and back should take this class. They will continue to work on and develop basic swimming skills, such as front and back glides, coordinated kick and arm strokes and rhythmic breathing. Prior swim lesson experience recommended.

Age: 4-6			M/NM
53551	Sa	1/2-2/13	9:45-10:25 AM \$67/\$84
53552	Sa	1/2-2/13	11:15-11:55 AM \$67/\$84
53553	Su	1/3-2/14	9:45-10:25 AM \$67/\$84
53554	Su	1/3-2/14	11:15-11:55 AM \$67/\$84
53544	M	1/4-2/15	3:30-4 PM \$67/\$84
53545	Tu	1/5-2/16	5:05-5:35 PM \$67/\$84
53546	W	1/6-2/17	3:30-4 PM \$67/\$84
53547	Th	1/7-2/18	4:30-5 PM \$67/\$84
53548	Th	1/7-2/18	5:05-5:35 PM \$67/\$84
53549	F	1/8-2/19	3:30-4 PM \$67/\$84
53550	F	1/8-2/19	4:05-4:35 PM \$67/\$84
53561	M	2/22-4/11	3:30-4 PM \$67/\$84
53562	Tu	2/23-4/12	5:05-5:35 PM \$67/\$84
53563	W	2/24-4/13	3:30-4 PM \$67/\$84
53564	Th	2/25-4/14	4:30-5 PM \$67/\$84
53565	Th	2/25-4/14	5:05-5:35 PM \$67/\$84
53566	F	2/26-4/15	3:30-4 PM \$67/\$84
53567	F	2/26-4/15	4:05-4:35 PM \$67/\$84
53555	Sa	2/27-4/16	9:45-10:25 AM \$67/\$84
53556	Sa	2/27-4/16	10:30-11:10 AM \$67/\$84
53557	Sa	2/27-4/16	11:15-11:55 AM \$67/\$84
53558	Su	2/28-4/17	9:45-10:25 AM \$67/\$84
53559	Su	2/28-4/17	10:30-11:10 AM \$67/\$84
53560	Su	2/28-4/17	11:15-11:55 AM \$67/\$84



Aquatics

Strokers 1

Children who can swim a combined stroke on their front with rhythmic breathing and on their back for at least eight yards should take this class. The focus will be on stroke development in front crawl, back crawl and elementary backstroke arms and kick. Treading water and rhythmic breathing skills will also be taught.

Age: 4-7			M/NM
53596	Sa	1/2-2/13	9:45-10:25 AM \$67/\$84
53597	Su	1/3-2/14	9-9:40 AM \$67/\$84
53598	Su	1/3-2/14	11:15-11:55 AM \$67/\$84
53592	M	1/4-2/15	4:40-5:10 PM \$67/\$84
53593	W	1/6-2/17	4:05-4:35 PM \$67/\$84
53594	Th	1/7-2/18	5:05-5:35 PM \$67/\$84
53601	W	2/24-4/13	4:05-4:35 PM \$67/\$84
53602	Th	2/25-4/14	5:05-5:35 PM \$67/\$84
53603	Th	2/25-4/14	4:30-5 PM \$67/\$84
53599	Sa	2/27-4/16	10:30-11:10 AM \$67/\$84
53600	Su	2/28-4/17	9-9:40 AM \$67/\$84

Strokers 2

This class is for children who can swim a coordinated front crawl with rhythmic breathing and backstroke for 15 yards and are comfortable in the deep water. They will work on perfecting front/back crawl, elementary backstroke and treading water. Students will be introduced to coordinated breaststroke.

Age: 4-7			M/NM
53607	Sa	1/2-2/13	9-9:40 AM \$67/\$84
53608	Su	1/3-2/14	9:45-10:25 AM \$67/\$84
53604	Tu	1/5-2/16	5:40-6:10 PM \$67/\$84
53605	W	1/6-2/17	4:40-5:10 PM \$67/\$84
53606	Th	1/7-2/18	4:30-5 PM \$67/\$84
53613	M	2/22-4/11	4:40-5:10 PM \$67/\$84
53612	Tu	2/23-4/12	5:40-6:10 PM \$67/\$84
53614	F	2/26-4/15	4:40-5:10 PM \$67/\$84
53609	Sa	2/27-4/16	9:45-10:25 AM \$67/\$84
53610	Sa	2/27-4/16	11:15-11:55 AM \$67/\$84
53611	Su	2/28-4/17	11:15-11:55 AM \$67/\$84



Strokers 3

This class is for children who can swim freestyle with side breathing, backstroke and elementary backstroke for 25 yards. In addition, the ability to swim a coordinated breaststroke and the butterfly kick is required. Successful completion of Strokers 2 (or comparable level in another program) is also required to enroll in this class.

Age: 4-7			M/NM
53896	Su	1/3-2/14	10:30-11:10 AM \$67/\$84
53894	F	1/8-2/19	4:40-5:10 PM \$77/\$96
53895	Th	2/25-4/14	5:40-6:10 PM \$67/\$84
53897	Su	2/28-4/17	10:30-11:10 AM \$67/\$84

Mini Swim Team Prep

This class is for children who can swim freestyle with bilateral breathing and backstroke for 50 yards. In addition, children must swim a legal coordinated breaststroke for 25 yards and be able to do butterfly arms and kicking. Successful completion of Strokers 3 is required to enroll in this class.

Age: 5-7			M/NM
53919	Sa	1/2-2/13	10:30-11:10 AM \$67/\$84
53582	Th	1/7-2/18	5:40-6:10 PM \$67/\$84
53584	W	2/24-4/13	4:40-5:10 PM \$67/\$84
53583	Sa	2/27-4/16	9:45-10:25 AM \$67/\$84

Rockville Swim and Fitness Center
240-314-8750

Visit us at:
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Aquatics

Children/Teen Swim

We love parents ... but to assist us in offering quality programs for children, we ask that parents wait in the lobby during classes. Experience has shown that children are easily distracted because of their short attention spans.

Youth 1

Water adjustment is the focus of this class. Children will be introduced to front and back floats, kicking, arm stroking, blowing bubbles and swimming seven yards front and back. Children must also be able to fully submerge and must be comfortable with all of these skills prior to moving on to Youth 2.

Age: 7+				M/NM
53642	Sa	1/2-2/13	9:45-10:25 AM	\$62/\$77
53643	Sa	1/2-2/13	10:30-11:10 AM	\$62/\$77
53644	Su	1/3-2/14	10:30-11:10 AM	\$62/\$77
53645	Su	1/3-2/14	12-12:40 PM	\$62/\$77
53640	W	1/6-2/17	4:40-5:10 PM	\$62/\$77
53641	F	1/8-2/19	4:40-5:10 PM	\$62/\$77
53649	W	2/24-4/13	4:40-5:10 PM	\$62/\$77
53650	F	2/26-4/15	4:05-4:35 PM	\$62/\$77
53646	Sa	2/27-4/16	9-9:40 AM	\$62/\$77
53647	Su	2/28-4/17	10:30-11:10 AM	\$62/\$77
53648	Su	2/28-4/17	12-12:40 PM	\$62/\$77

Youth 2

A class for children who can submerge for 5-10 seconds, do a front and back float and swim seven yards on their front and back. Basic swimming skills, such as front and back glides, arm stroking on front and back, kicking and rhythmic breathing will be taught.

Age: 7+				M/NM
53652	Sa	1/2-2/13	9-9:40 AM	\$62/\$77
53653	Sa	1/2-2/13	10:30-11:10 AM	\$62/\$77
53654	Su	1/3-2/14	9-9:40 AM	\$62/\$77
53655	Su	1/3-2/14	12-12:40 PM	\$62/\$77
53656	M	1/4-2/15	4:05-4:35 PM	\$62/\$77
53651	Tu	1/5-2/16	4:30-5 PM	\$62/\$77
53660	M	2/22-4/11	4:05-4:35 PM	\$62/\$77
53661	Tu	2/23-4/12	4:30-5 PM	\$62/\$77
53657	Sa	2/27-4/16	9:45-10:25 AM	\$62/\$77
53658	Su	2/28-4/17	9-9:40 AM	\$62/\$77
53659	Su	2/28-4/17	12-12:40 PM	\$62/\$77

Youth 3

Children who can swim a combined stroke for ten yards on their front and back should take this class. Children will learn elementary backstroke arms and kick, rhythmic breathing, how to tread water and improve their stroke.

Age: 7+				M/NM
53662	Sa	1/2-2/13	9-9:40 AM	\$62/\$77
53663	Sa	1/2-2/13	11:15-11:55 AM	\$62/\$77
53664	Su	1/3-2/14	10:30-11:10 AM	\$62/\$77
53665	Su	1/3-2/14	12-12:40 PM	\$62/\$77
53666	Sa	2/27-4/16	9-9:40 AM	\$62/\$77
53667	Sa	2/27-4/16	10:30-11:10 AM	\$62/\$77
53668	Su	2/28-4/17	9-9:40 AM	\$62/\$77
53669	Su	2/28-4/17	9:45-10:25 AM	\$62/\$77
53670	Su	2/28-4/17	10:30-11:10 AM	\$62/\$77
53671	Su	2/28-4/17	12-12:40 PM	\$62/\$77

Youth 4

Children who are comfortable in deep water and can swim a coordinated front crawl stroke with rhythmic breathing and backstroke for 15 yards should take this class. Children will work on perfecting front and backstroke and treading water. Coordinated breaststroke will be introduced. Prerequisite: Youth 3.

Age: 7+				M/NM
53672	Sa	1/2-2/13	10:30-11:10 AM	\$62/\$77
53673	Sa	1/2-2/13	11:15-11:55 AM	\$62/\$77
53674	Su	1/3-2/14	9-9:40 AM	\$62/\$77
53675	Su	1/3-2/14	12-12:40 PM	\$62/\$77
53676	Su	1/3-2/14	11:15-11:55 AM	\$62/\$77
53677	Sa	2/27-4/16	9-9:40 AM	\$62/\$77
53678	Sa	2/27-4/16	11:15-11:55 AM	\$62/\$77
53679	Su	2/28-4/17	9:45-10:25 AM	\$62/\$77
53680	Su	2/28-4/17	11:15-11:55 AM	\$62/\$77



Aquatics

Youth 5

This class is for children who can swim one length of front crawl, back crawl and swim 15 yards of elementary backstroke in good form as well as tread water, dive into and swim in deep water. Children will learn bi-lateral breathing for front crawl, breaststroke, sidestroke, butterfly arms and dolphin kick. All other previously learned strokes will be refined.

Age: 7+			M/NM
53681	Sa	1/2-2/13	9-9:40 AM \$62/\$77
53682	Sa	1/2-2/13	11:15-11:55 AM \$62/\$77
53683	Su	1/3-2/14	9-9:40 AM \$62/\$77
53684	Su	1/3-2/14	9:45-10:25 AM \$62/\$77
53685	Su	1/3-2/14	11:15-11:55 AM \$62/\$77
53686	Sa	2/27-4/16	9-9:40 AM \$62/\$77
53687	Sa	2/27-4/16	9:45-10:25 AM \$62/\$77
53688	Sa	2/27-4/16	11:15-11:55 AM \$62/\$77
53689	Su	2/28-4/17	9-9:40 AM \$62/\$77
53690	Su	2/28-4/17	9:45-10:25 AM \$62/\$77
53691	Su	2/28-4/17	12-12:40 PM \$62/\$77

Youth 6

This class requires the ability to swim two lengths (50 yards) of front crawl, backstroke and 15 yards of side stroke and breaststroke, all in good form. Children will work on breaststroke, butterfly and turns in addition to refining other strokes.

Age: 7+			M/NM
53692	Sa	1/2-2/13	9:45-10:25 AM \$62/\$77
53693	Sa	1/2-2/13	11:15-11:55 AM \$62/\$77
53694	Su	1/3-2/14	9:45-10:25 AM \$62/\$77
53695	Su	1/3-2/14	10:30-11:10 AM \$62/\$77
53696	Sa	2/27-4/16	9-9:40 AM \$62/\$77
53697	Sa	2/27-4/16	10:30-11:10 AM \$62/\$77
53698	Su	2/28-4/17	9-9:40 AM \$62/\$77
53699	Su	2/28-4/17	11:15-11:55 AM \$62/\$77



Youth 7

Swimmers able to swim four lengths (100 yards) of freestyle, backstroke and one full length (25 yards) of breaststroke should take this class. Children will work on stroke improvement, endurance, butterfly, turns and racing dives. Prerequisite: Youth 5 and 6

Age: 7+			M/NM
53700	Sa	1/2-2/13	10:30-11:10 AM \$62/\$77
53701	Su	1/3-2/14	9-9:40 AM \$62/\$77
53702	Su	1/3-2/14	11:15-11:55 AM \$62/\$77
53703	Su	1/3-2/14	12-12:40 PM \$62/\$77
53704	Sa	2/27-4/16	10:30-11:10 AM \$62/\$77
53705	Su	2/28-4/17	9:45-10:25 AM \$62/\$77
53706	Su	2/28-4/17	12-12:40 PM \$62/\$77

Swim Team Prep

Swimmers must be able to swim four lengths (100 yards) of a coordinated freestyle, backstroke and breaststroke and one length (25 yards) of butterfly. Speed and endurance will be emphasized as well as turns and racing starts. Prerequisite: Youth 6 and 7

Age: 8+			M/NM
53621	Sa	1/2-2/13	9:45-10:25 AM \$62/\$77
53622	Su	1/3-2/14	9:45-10:25 AM \$62/\$77
53623	Su	1/3-2/14	10:30-11:10 AM \$62/\$77
53624	Sa	2/27-4/16	11:15-11:55 AM \$62/\$77
53625	Sa	2/27-4/16	9:45-10:25 AM \$62/\$77
53627	Su	2/28-4/17	10:30-11:10 AM \$62/\$77
53628	Su	2/28-4/17	11:15-11:55 AM \$62/\$77

Aquatics

Swim 4 Fitness for Teens

Geared towards teens with prior swim experience (must be at least Level 7) who are looking to build their aerobic ability. The goal of the class is to swim a mile in 45 minutes with minimal stroke correction. Fins, kickboard and hand paddles are recommended. No report cards will be issued for this class.

Age: 12-17				M/NM
53619	Su	1/3-2/14	12-12:45 PM	\$62/\$77
53620	Su	2/28-4/17	12-12:45 PM	\$62/\$77

Triathlon Training for Kids-Beginner

Designed to introduce kids to the swimming component of a triathlon, this class will teach the competition basics. Kids will improve their freestyle while also learning triathlon-specific skills, including sighting, drafting, passing and managing turns at buoys, as well as what to expect at the start of a race. Participants must be capable of swimming 100 meters of freestyle without stopping.

Age: 7-12				M/NM
53634	Sa	1/2-1/16	6:30-7:25 PM	\$27/\$30

Triathlon Training for Kids-Intermediate

Designed to improve the swimming component for your young triathlete, this class will reinforce the competition basics. Kids will improve their freestyle while learning triathlon-specific skills, including sighting, drafting, passing and managing turns at buoys, as well as what to expect at the start of a race. Participants must be capable of swimming 200 meters of freestyle without stopping. Previous racing history is helpful.

Age: 7-12				M/NM
53635	Sa	1/2-2/13	7:30-8:25 PM	\$62/\$70

Age: 7-14				M/NM
53636	Sa	2/27-4/16	7:30-8:25 PM	\$62/\$70

Adult Swim

Adult Beginner 1

This is an aquatic orientation class. Adults will be introduced to basic swimming skills such as front and back floats, kicking, arm strokes and rhythmic breathing.

Age: 14+				M/NM
53924	Sa	1/2-2/13	9:45-10:25 AM	\$62/\$77
53416	Tu	1/5-2/16	8:25-9:10 PM	\$62/\$77
53417	W	1/6-2/17	8:35-9:20 PM	\$62/\$77
53418	Tu	2/23-4/12	8:25-9:10 PM	\$62/\$77
53419	W	2/24-4/13	8:35-9:20 PM	\$62/\$77

Adult Beginner 2

This class is designed for adults who have been introduced to the basics of swimming but need to work on stroke coordination and rhythmic breathing. Treading water and breaststroke will be demonstrated. Prerequisite: Adult Beginner 1

Age: 14+				M/NM
53930	Sa	1/2-2/13	9-9:45 AM	\$62/\$77
53420	W	1/6-2/17	8:35-9:20 PM	\$62/\$77
53421	Th	1/7-2/18	8:25-9:10 PM	\$62/\$77
53422	W	2/24-4/13	8:35-9:20 PM	\$62/\$77
53423	Th	2/25-4/14	8:25-9:10 PM	\$62/\$77

Adult Beginner 3

Swimmers registering for this class should be comfortable in deep water, able to tread water and swim 20 yards of front and back crawl. Refine your front and back crawl and learn the elementary backstroke and breaststroke. Prerequisite: Adult Beginner 2

Age: 14+				M/NM
53424	Tu	1/5-2/16	8:25-9:10 PM	\$62/\$77
53425	Tu	2/23-4/12	8:25-9:10 PM	\$62/\$77

Adult Beginner 4

Developed for participants who can swim one length of the pool but still need work on endurance and technique. Rhythmic breathing and treading water are skills required prior to taking this class. Front and backstroke, breaststroke, elementary backstroke and sidestroke techniques will be stressed. Skills will be taught to prepare students for Adult Stroke Correction. Prerequisite: Adult Beginner 3

Age: 14+				M/NM
53426	Th	1/7-2/18	8:25-9:10 PM	\$62/\$77
53427	Th	2/25-4/14	8:25-9:10 PM	\$62/\$77

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Aquatics

Adult Stroke Correction

Swimmers who have perfected the basics but need to refine their strokes should take this class. Backstroke, free style, breaststroke, elementary backstroke and sidestroke will be further developed. Endurance and breathing are stressed. These sessions are not for beginners. Prerequisite: Adult Beginner 4

Age: 14+			M/NM
53430 Tu	1/5-2/16	11:10-11:55 AM	\$62/\$77
53428 Th	1/7-2/18	11:10-11:55 AM	\$62/\$77
53431 Tu	2/23-4/12	11:10-11:55 AM	\$62/\$77
53429 Th	2/25-4/14	11:10-11:55 AM	\$62/\$77

Adult Water Fitness

Aqua Blast

Start your day off right with a fast-paced, early morning deep water exercise class. This no impact, high energy workout will tone your muscles while improving endurance with an emphasis on cardiovascular training. Includes abdominal and barbell work. Equipment will be provided.

Age: 18+		M/NM
53432 Tu & Th 1/5-4/14	6:35-7:20 AM	\$131/\$158

Aqua Boot Camp

This fast-paced class will help you reach your fitness goals now! The exercises are performed in deep water and regardless of your age, size or fitness level, you can achieve very noticeable results. Great for those whose schedules allow just one day a week to attend or as a challenging addition to some of our other programs.

Age: 14+		M/NM
53433 M	1/4-4/11	10:15-11 AM \$66/\$80
53434 W	1/6-4/13	10:15-11 AM \$66/\$80
53435 F	1/8-4/15	10:15-11 AM \$66/\$80



Aqua Fitness

This low-impact, high-intensity program is designed to improve flexibility, range of motion, strength, muscle tone, posture and cardiovascular endurance all while burning calories! Exercises are performed in chest-deep water to music. Styrofoam barbells and/or pool noodles may be used and will be provided.

Age: 16+			M/NM
53436 M	1/4-4/11	8:30-9:15 AM	\$66/\$80
53437 Tu	1/5-4/12	8:30-9:15 AM	\$66/\$80
53439 Th	1/7-4/14	8:30-9:15 AM	\$66/\$80
53810 Tu	1/5-4/12	9:15-10 AM	\$66/\$80
53438 W	1/6-4/13	8:30-9:15 AM	\$66/\$80
53811 Th	1/7-4/14	9:15-10 AM	\$66/\$80
53440 F	1/8-4/15	8:30-9:15 AM	\$66/\$80

Aqua Power 3/4 Hour

This vigorous shallow water class was developed from current scientific research supporting high intensity intervals (specifically timed, fast paced motions alternating with slower paced moves) as an efficient way to increase your metabolism and burn fat.

Age: 16+			M/NM
53441 M	1/4-4/11	9:15-10 AM	\$66/\$80
53442 W	1/6-4/13	9:15-10 AM	\$66/\$80

Aqua Zumba

This high energy, low impact water fitness class incorporates Latin music and dance moves while toning, sculpting and burning fat. This workout is for men and women and requires no swimming skills.

Age: 15+			M/NM
53443 Tu	1/5-4/12	10:15-11 AM	\$66/\$80
53444 Th	1/7-4/14	10:15-11 AM	\$66/\$80
53445 F	1/8-4/15	9:15-10 AM	\$66/\$80

Deep Water Running and Conditioning

This program emphasizes cardiovascular strength and endurance as well as flexibility, range of motion and core strength. Classes are held in the deep water and participants use flotation belts. No swimming skills are necessary. Program will benefit runners and other active exercisers who are looking for a challenging workout.

Age: 18+			M/NM
53500 Tu	1/5-4/12	10:10-10:55 AM	\$66/\$80
53501 Th	1/7-4/14	10:10-10:55 AM	\$66/\$80

Aquatics

Deep Water Workout

Enjoy a class taught in the deep end of the South Pool. Ideal for participants who need a no-impact workout. Strengthen your core muscles and get an excellent workout without adding any stress to knee or hip joints. Floatation belts are used.

Age: 16+			M/NM
53503	M	1/4-4/11	9:15-10 AM \$66/\$80
53504	Tu	1/5-4/12	7:40-8:25 PM \$66/\$80
53505	W	1/6-4/13	9:15-10 AM \$66/\$80
53506	Th	1/7-4/14	7:40-8:25 PM \$66/\$80
53507	F	1/8-4/15	9:15-10 AM \$66/\$80

H2O Walking

Did you know thirty minutes of water walking equals two hours of land walking? Join this fitness program which includes walking in waist-to-chest deep water using different steps and directions at varying speeds to achieve cardio-respiratory fitness. Taught in chest deep and shallow water. Music is used.

Age: 16+			M/NM
53568	M	1/4-4/11	9:20-10:05 AM \$66/\$80
53569	Tu	1/5-4/12	7:40-8:25 PM \$66/\$80
53570	W	1/6-4/13	9:20-10:05 AM \$66/\$80
53571	Th	1/7-4/14	7:40-8:25 PM \$66/\$80
53572	F	1/8-4/15	9:20-10:05 AM \$66/\$80

Swim 4 Fitness

Learn to swim farther without getting tired. The goal is to swim one mile in 45 minutes without fatigue, using different strokes. Freestyle, backstroke and breaststroke are emphasized. Students must be able to swim 100 yards without stopping. Equipment needed: fins, hand paddles and pull buoys.

Age: 15+			M/NM
53615	Tu	1/5-4/12	11:10-11:55 AM \$70/\$86
53616	Tu	1/5-4/12	9:15-10 PM \$70/\$86
53617	Th	1/7-4/14	11:10-11:55 AM \$70/\$86
53618	Th	1/7-4/14	9:15-10 PM \$70/\$86

Triathlete Swim Endurance

This class is designed for athletes preparing for Olympic to Ironman distance races or open water swims. These are coached, structured workouts, where swim-specific fitness, effective technique and proper pacing will be emphasized. Race management and open water skills (drafting/close-contact, pack swimming) will be discussed and practiced. Participants should be capable of swimming 200 yards of continuous freestyle.

Age: 16+				M/NM
53629	Su	1/3-2/14	7-8:30 PM	\$93/\$105
53630	Su	2/28-4/17	7-8:30 PM	\$93/\$105

Triathlete Swim Speed Development

Class is designed for athletes preparing for Sprint to Half Ironman distance races or open water swims. These are coached, structured workouts, where swim-specific fitness, effective technique and proper pacing will be emphasized. Race management and open water skills (drafting/close-contact, pack swimming) will be discussed and practiced. Participants should be capable of swimming 200 yds of continuous freestyle.

Age: 16+				M/NM
53631	Sa	3/19-4/16	6:30-8 PM	\$40/\$45

Triathlon Swim Clinic

This clinic is designed to help develop a more effective and efficient freestyle stroke and to prepare the athlete for open water/triathlon swimming. Drills and workouts will focus on stroke technique, stroke awareness, effective pacing, speed and endurance, as well as open water/triathlon-specific skills, including sighting, drafting, passing and managing turns at buoys, and strategies for race starts, open water conditions and close-contact swimming. Participants should be capable of swimming 100 meters of continuous freestyle.

Age: 16+				M/NM
53632	Su	1/3-2/14	8:05-8:55 AM	\$62/\$70
53633	Su	2/28-4/17	8:05-8:55 AM	\$62/\$70

Twinges in Your Hinges

Designed for, but not limited to, those suffering from arthritis and other related ailments. This low-impact class is geared toward increasing muscle strength, flexibility, range of motion, endurance and balance. Pain reduction and improved cardiovascular fitness are also emphasized.

Age: 14+				M/NM
53637	M & W	1/4-4/13	9:15-10:15 AM	\$147/\$185

Rockville Swim and Fitness Center
240-314-8750

Visit us at:
www.rockvillemd.gov/swimcenter

Aquatics

Senior Swim

Note: Senior residents pay the member fee.

60 Plus Swim

Need some exercise? This class is taught in the shallow end of the pool and is designed to emphasize stretching and toning. Work out while listening to popular oldies music. No need to swim or even get your hair wet! Some swim equipment used.

Age: 60+ M/NM
53415 Tu & Th 1/5-4/14 2:05-2:50 PM \$64/\$64/\$79

Senior Aquacize - Advanced

This course is similar to Beginner Senior Aquacize, only faster paced. (Meets outside during the summer session.)

Age: 60+ M/NM
53589 M & W & F 1/4-4/15 11:05-11:50 AM \$94/\$94/\$118

Senior Aquacize - Beginner

Seniors will benefit from exercising in the water. Ease yourself into the water and get a gentle workout. Join others in this low-impact environment where the water provides gentle resistance to joints and muscles.

Age: 60+ M/NM
53590 M & W & F 1/4-4/15 10:10-10:55 AM \$94/\$94/\$118

Senior Exercise Swim

Stop those aches and pains. Enjoy a program designed to rejuvenate, recondition and strengthen tired, aching bodies. The natural resistance provided by the water is the ideal environment for a gentle, yet dynamic approach to a healthy body.

Age: 60+ M/NM
53591 M & W 1/4-4/13 2:35-3:20 PM \$64/\$64/\$79



Special Swim

Aquatic Doctor's Orders

The doctors have spoken. Now practice what they preach. Water provides a stress-free environment that enables you to continue therapy and rehabilitation. Learn additional skills in this modified exercise program. Tailored to individual needs.

Age: 18+ M/NM
53446 Tu & Th 1/5-4/14 10:10-10:55 AM \$147/\$185

Dash and Splash

Looking for a fun challenge? Earn some bragging rights by competing in this event which consists of a 20 minute walk/run on a treadmill followed by a 20 minute swim. You will have 10 minutes to transition between stations. Winners in each age group will be determined by the total distance logged during the competition. Don't be late! Your wave starts and ends on time!

Age: 15+		Seniors/All Others	
53483	Sa 2/20-2/20 8:30-8:50 AM	\$15/\$20	
53484	Sa 2/20-2/20 9-9:20 AM	\$15/\$20	
53485	Sa 2/20-2/20 9:30-9:50 AM	\$15/\$20	
53486	Sa 2/20-2/20 10-10:20 AM	\$15/\$20	
53487	Sa 2/20-2/20 10:30-10:50 AM	\$15/\$20	
53488	Sa 2/20-2/20 11-11:20 AM	\$15/\$20	
53490	Su 2/21-2/21 7:30-7:50 AM	\$15/\$20	
53491	Su 2/21-2/21 8-8:20 AM	\$15/\$20	
53492	Su 2/21-2/21 8:30-8:50 AM	\$15/\$20	
53493	Su 2/21-2/21 9-9:20 AM	\$15/\$20	
53494	Su 2/21-2/21 9:30-9:50 AM	\$15/\$20	
53495	Su 2/21-2/21 10-10:20 AM	\$15/\$20	
53496	Su 2/21-2/21 10:30-10:50 AM	\$15/\$20	
53497	Su 2/21-2/21 11-11:20 AM	\$15/\$20	

Rockville Master's Swimming

This program is designed for swimmers who are competing in the Master's Program of U.S. Swimming, Inc. Those participating in the RMSC group will not be required to attach to RMSC for team purposes. Enjoy a structured workout with a professional coach. Participants are expected to have attained a reasonable level of proficiency in at least two of four competitive strokes.

Age: 18+		M/NM	
53586	M & W & F 1/4-4/15 6:30-7:30 AM	\$189/\$231	
53587	M & W 1/4-4/13 6:30-7:30 AM	\$140/\$168	
53588	M 1/4-4/11 6:30-7:30 AM	\$80/\$96	

Aquatics

Certification and Training

Note: For the certification and training classes, there is one fee for members and nonmembers.



Lifeguard Training

Participants must be 15 years old by the completion of the course and must attend all classes. Applicants must pass a pre-test (300 yard swim: 100 front crawl, 100 breaststroke, 100 front crawl or breaststroke; and a deep water brick retrieval within 100 seconds). This American Red Cross course will begin at the conclusion of the pre-test. Upon successful completion students will be issued certification in Lifeguarding, First Aid and CPR. Please view our website for up-to-date training schedules. Visit www.rockvillemd.gov/swimcenter.

Age: 15+				M/NM
53573	F-Su	2/26-3/13	varies	\$195
53575	Th	3/17-5/12	varies	\$195
53574	M-F	3/28-4/1	varies	\$195
53576	Sa-Tu, F	4/23-5/1	varies	\$195

Lifeguard Training Review

Participants must be 15 years old by the completion of the course and must attend all classes. Applicants must have a current Lifeguard certification and pass a pre-test (300 yard swim: 100 front crawl, 100 breaststroke, 100 front crawl or breaststroke; and a deep water brick retrieval within 100 seconds). This American Red Cross course will begin at the conclusion of the pre-test. Upon successful completion students will be issued certification in Lifeguarding, First Aid and CPR.

Age: 15+				M/NM
53578	Sa-Su	2/20-2/21	3-10:30 PM	\$125
53579	Sa-Su	3/19-3/20	3-10:30 PM	\$125
53580	Sa-Su	4/9-4/10	3-10:30 PM	\$125
53581	Sa-Su	5/7-5/8	3-10:30 PM	\$125

Check Out Our Fitness Room



Featuring:

- 1 - Rowing Machine
- 5 - Treadmills
- 4 - Elliptical Machines
- 2 - Recumbent Bikes
- 2 - Step/Climber Machines
- 13 pieces - Single Station Strength Training Equipment and Free Weights

240-314-8750

www.rockvillemd.gov/swimcenter

Cultural Arts

ROCKVILLE Student Art Show

Open to students who live or attend school within City of Rockville corporate limits (Grades K-12).

Students may submit one 2-D or 3-D work of art in any medium.

Judging for ribbon awards, by grade level (Grades 4-12).

Registration/Delivery of Artwork

Sunday, Feb. 28,
1:30-3:30 p.m.

*All participants receive
a certificate.*

Glenview Mansion Art Gallery

Rockville Civic Center Park
603 Edmonston Drive, Rockville, MD 20851

Opening Reception

Sunday, March 6, 1:30-3:30 p.m.

Student Artwork on Exhibit

March 6-23

Artwork pick-up

Mar. 24 and 25

240-314-8682
www.rockvillemd.gov/arts

17TH ANNUAL

Glenview Mansion

WEDDING EXPO

SUNDAY, JAN. 31

NOON – 4 P.M.

MORE THAN 30 VENDOR EXHIBITS AND
SAMPLES ON DISPLAY SPECIALIZING IN:

- CATERING
- WEDDING CAKES
- PHOTOGRAPHY
- MUSICAL ENTERTAINMENT
- FLORAL ARRANGEMENTS
AND SO MUCH MORE!

\$5 ADMISSION AT THE DOOR

Glenview Mansion

AT ROCKVILLE CIVIC CENTER PARK
603 EDMONSTON DRIVE
ROCKVILLE MD 20851
WWW.ROCKVILLEMD.GOV/GLENVIEW
240-314-8660

Cultural Arts

Join Us For The Holidays



Rockville Concert Band

Welcome Winter

Sunday, Dec. 20, 3 p.m.

For information: 240-314-8681



Rockville Chorus

Holiday Concert

Sunday, Dec. 20, 7:30 p.m.

For information: 240-314-8682

F. Scott Fitzgerald Theatre

Rockville Civic Center Park

No tickets required \$5; suggested donation



Sunday Afternoon

CONCERT SERIES

GLENVIEW MANSION
1st Floor Conservatory

DEC. 6, 1-4 P.M.

HOLIDAY OPEN HOUSE

Featuring a variety of musical
performances and beautiful holiday
decorations.

JAN. 10, 2 P.M.

Barbara Martin

accompanied by Robert Redd on piano

"...slice of life (original) songs that ring
with truth, wit and experience"

- The Washington Post

FEB. 7, 2 P.M.

John Norman

Acoustic Rock - an audience favorite!

FREE – No tickets required

240-314-8682

www.rockvillemd.gov/arts

Cultural Arts

ROCKVILLE CIVIC BALLET *Eleanor Simpson, Acting Director*



"The Nutcracker"

Saturdays, Dec. 5 and 12
2 p.m. and 7:30 p.m.

Sundays, Dec. 6 and 13
2 p.m.



"Spring Production"

Saturday, March 12, 7:30 p.m.
Sunday, March 13, 2 p.m.

F. SCOTT FITZGERALD THEATRE
Rockville Civic Center Park

TICKETS \$17 Adults; \$13 Children (ages 12 and younger)
\$13 Seniors (ages 60 and older)
GROUP RATES \$16.50 - seven or more Adult tickets
\$12.50 - 10 or more Children/Senior tickets

Assigned seat tickets may be purchased in-person,
by phone, or by mail order at
the F. Scott Fitzgerald Theatre Box Office
or online at www.rockvillemd.gov/theatre
FOR TICKETS: 240-314-8690

Glenview Mansion

Art Gallery • 2nd floor

Winter Exhibits

Jan. 10-29

Baltimore Watercolor Society
Original works of art executed in aqueous
media!
Opening Reception: Sunday, Jan. 10, 1:30-
3:30 p.m.

Feb. 2-26

Christopher Mangan - paintings
Michael Auger - "Offbeat Artwork" acrylic
Opening Reception: Sunday, Feb. 1, 1:30-
3:30 p.m.

March 6-23

Annual Rockville Student Art Show
Registration/Artwork Delivery:
Sunday, Feb. 28, 1:30-3:30 p.m.

Opening Reception:
Sunday, March 6, 1:30-3:30 p.m.

Artwork Pickup:
Thursday, March 24, 5-7 p.m. and
Friday, March 25, 2-5 p.m.

Gallery Exhibit Hours:

Mon., Wed., Fri., 9 a.m. - 4:30 p.m.
Tues. and Thurs., 9 a.m. - 9 p.m.

FREE – Open to the Public
240-314-8682 • www.rockville.gov/arts

Cultural Arts

Rockville Concert Band

John Saint Amour, Director

2016 CONCERT SERIES



“Annual Jazz Concert”

Rockville Swing Band - Guest Ensemble
February 7 at 3 p.m.

“Composer Spotlight

March 20 at 3 p.m.

“Music for All Ages”

April 17 at 3 p.m.



No tickets required;
\$5 suggested donation.

F. Scott Fitzgerald Theatre
Rockville Civic Center Park
For information: 240-314-8681
www.rockvillemd.gov/arts

Glenview Mansion

National Register of Historic Places



Enjoy the 1926 grandeur of the mansion and formal gardens.

Discover Rockville's Hidden Treasure in Rockville Civic Center Park

Special rental discounts for
Rockville residents and businesses.

240-314-8660
www.rockvillemd.gov/glenview
603 Edmonston Drive

F. Scott Fitzgerald Theatre

Rockville Civic Center Park
240-314-8690

605 Edmonston Drive, Rockville, MD 20851
www.rockvillemd.gov/theatre

Great Performances in the Neighborhood

Hope Garden Children's Ballet Theatre

"A Christmas Carol"

Nov. 28 at 1:30 p.m. and 7 p.m.

Tickets are \$22 (\$19 senior and student)

Rockville Civic Ballet

"The Nutcracker"

Dec. 5 and 12 at 7:30 p.m.

Dec. 5, 6, 12 and 13 at 2 p.m.

Tickets are \$17

(\$13 senior and children 12 and under)

Lloyd Dobler Effect

"Holiday Experience Concert"

Dec. 18 at 7 p.m.

Tickets are \$15-\$20 advanced

(\$18-\$23 day-of-show)

Rockville Concert Band

"Welcome Winter!"

Dec. 20 at 3 p.m.

Free. No ticket required; \$5 suggested donation.

Rockville Chorus

"Holiday Concert"

Dec. 20 at 7:30 p.m.

Free. No ticket required; \$5 suggested donation.

Rockville Little Theatre

"Lend Me a Tenor"

Jan. 15, 15, 22, & 23 at 8 p.m.

Jan. 17 & 24 at 2 p.m.

Tickets are \$22 (\$20 senior and student)

Rockville Concert Band

"Annual Jazz Concert"

Feb. 7 at 3 p.m.

Free. No ticket required; \$5 suggested donation.

Dubquesne University presents

"Tamburitzans - New Horizons"

Feb. 14 at 2 p.m.

Tickets are \$35 - \$38

Victorian Lyric Opera Company

"Robin Hood"

Feb. 25, 26, 27, March 4 and 5 at 8 p.m.

Feb. 28 and March 6 at 2 p.m.

Tickets are \$28 (\$24 senior and \$20 student)

\$12 preview performance on February 25

Rockville Civic Ballet

"Spring Production"

March 12 at 7:30 p.m., March 13 at 2 p.m.

Tickets are \$17

(\$13 senior and children 12 and younger)

Rockville Concert Band

"Composer Spotlight"

March 20 at 3 p.m.

Free. No ticket required; \$5 suggested donation.

Ticketing Made Easy! You can purchase all of your tickets online by visiting us at www.rockvillemd.gov/theatre

Box Office is open Tues-Sat., 2-7 p.m.
and two hours prior to ticketed shows.

Frequently Used Program Facilities and Parks

1. **Beall ES**, 451 Beall Ave. 20850
2. **Broome Gym and Park**, 751 Twinbrook Pkwy. 20851
3. **Calvin Park**, 1248 Gladstone Dr. 20851
4. **City Hall**, 111 Maryland Ave. 20850
5. **Civic Ctr. Park**, 603 Edmonston Dr. 20851
 - F. Scott Fitzgerald Theatre • Social Hall
 - Glenview Mansion
 - Croydon Creek Nature Center
 - Cottage • Rec. Serv. Bldg.
6. **College Gardens ES**, 1700 Yale Pl. 20850
7. **College Gardens Park**, 615 College Pkwy. 20850
8. **Croydon Creek Nature Ctr.**, 852 Avery Rd. 20851
9. **David Scull Park**, 1131 First St. 20850
10. **Dogwood Park**, 800 Monroe St. 20850
11. **Elwood Smith Com. Ctr.**, 601 Harrington Rd. 20852
12. **Fallsmead ES**, 1800 Greenplace Ter. 20854
13. **Hillcrest Park**, 1150 Crawford Dr. 20850
14. **Julius West MS**, 651 Great Falls Rd. 20850
15. **Kicks Karate Rockville**, 800 Pleasant Dr., Suite #140, 20850
16. **King Farm Park**, 401 Watkins Pond Blvd. 20850
17. **Lakewood ES**, 2534 Lindley Ter. 20850
18. **Lincoln Park Com. Ctr.**, 357 Frederick Ave. 20850
19. **Mark Twain Park**, 14501 Avery Rd. 20853
20. **Maryvale ES/Park**, 1000 First St. 20850
21. **Mattie J.T. Stepanek Park**, 1800 Piccard Dr. 20850
22. **Meadow Hall ES**, 951 Twinbrook Pkwy. 20851
23. **Montrose Com. Ctr.**, 451 Congressional Ln. 20852
24. **Monument Park**, 550 Maryland Ave. 20850
25. **Potomac Woods Park**, 2276 Dunster Ln. 20854
26. **Pump House Com. Ctr.**, 401 S. Horners Ln. 20850
27. **RedGate Golf Course**, 14500 Avery Rd. 20853
28. **Richard Montgomery HS**
250 Richard Montgomery Dr. 20850
29. **Ritchie Park ES**, 1514 Dunster Rd. 20854
30. **Robert Frost MS**, 9201 Scott Dr. 20850
31. **Rockcrest Ballet Ctr.**, 1331 Broadwood Dr. 20851
32. **Rock Terrace School**, 390 Martins Ln. 20850
33. **Rockville Skate Park (at Welsh Park)**,
355 Martins Ln. 20850
34. **Rockville Fencing Academy**, 15221 Display Ct. 20850
35. **Rockville Senior Ctr.**, 1150 Carnation Dr. 20850
36. **Rockville Swim and Fitness Center**
355 Martins Ln. 20850
37. **Rockville Town Square**, 200 E. Middle Ln. 20850
38. **The School of Music**, 1331 Rockville Pk. 20850
39. **Thomas Farm Com. Ctr.**, 700 Fallsgrove Dr. 20850
40. **Thrive Yoga**, 1321-B Rockville Pk. 20852
41. **Twinbrook ES**, 5911 Ridgway Ave. 20851
42. **Twinbrook Com. Rec. Ctr.**
12920 Twinbrook Pkwy. 20851
43. **Welsh Park**, 344 Martins Ln. 20850
44. **Woodley Gardens Park**, 900 Nelson St. 20850
45. **Xtreme Acro & Cheer**, 14702 Southlawn Ln. 20850

Financial Assistance

Rockville Youth Recreation Fund

Ages 18 and younger

A limited amount of scholarships for program fees are available for **residents of the City of Rockville**. The participant must pay \$15 toward each program fee, unless otherwise specified. The Fund will cover the balance of the fees, up to \$100 maximum per person, per session (fall, winter, spring, summer); \$150 maximum per youth for the camp session; \$1,000 maximum per family, per year as funds permit. Any remaining balance must be paid by the participant. Financial assistance must be applied for in-person at the time of registration.

In addition, qualified participants who enroll their child in a program that meets a child care need and costs more than \$115 per month, are eligible to apply for monthly financial aid assistance of up to \$100 per month, with an additional cap of \$1,000 per family, per year as funds permit. The \$15 fee is applicable to each month. This includes, but is not limited to, preschool, after school and community center extended day programs. Summer camps are not included in this program. Applications for monthly scholarship assistance must be approved by the Superintendent of Recreation and must be applied for in-person at Rockville City Hall with the Recreation Department bookkeeper.

Limited financial assistance is available for Rockville residents, ages 19 and older, based on income. Please call 240-314-8620 for an appointment.

Documents Needed for Financial Assistance:

Participants must provide proof of Rockville residency and verification of any of the following:

- ✓ **Award letter from Maryland Dept. of Human Resources/Montgomery County Dept. of Social Services** verifying eligibility for Temporary Cash Assistance (TCA), Food Stamps (SNAP), Medical Assistance, Transitional Emergency Medical and Housing Assistance (TEMHA). The letter must indicate eligibility period and names of household members receiving benefits.
- ✓ **Proof participant resides in a shelter:** Letter from shelter dated within a month of application and, if applicable, listing dependents living at shelter.
- ✓ **Proof of Rental Assistance** - Public Housing, HUD Section 8 Housing, HOC (MPDU not accepted for applicants purchasing a home). This must be a current document which names the eligible tenants from the agency providing assistance.
- ✓ **Supplemental Security Income** - Document must be dated within one year of application.

How to Online

24 hours a day/7 days a week
Rock Enroll is our online registration for recreation programs.

- A family account must be set up in advance to register online.
- Go to rockenroll.rockvillemd.gov and complete the online registration form to receive a family account.
- Instructions on how to retrieve your family account and personal ID number will be emailed within 1-2 business days.
- Registration can be completed via fax, mail or walk-in without a family account set up in advance.

Donate to the People-Helping-People



Rockville Youth Recreation Fund

This scholarship fund provides financial assistance to those who would not otherwise be able to participate in our programs and activities.

If you would like to contribute, you may send a check, "add up" on your registration form or donate online at www.rockvillemd.gov/recreation.

Online Donation Course #s

\$ 25 - #54026
 \$ 50 - #54027
 \$ 75 - #54028
 \$100 - #54029

- Click on Rock Enroll
- Click on "Register for Programs"
- Enter your desired donation course number above

Donations by check may be made out in any amount.

Mail to Rockville Department of Recreation and Parks
 "Rockville Youth Recreation Fund Donation"
 111 Maryland Avenue, Rockville, MD 20850

Barbara B. Matthews, *City Manager*
 Tim Chesnutt, *Director of Recreation and Parks*
 Chris Henry, *Deputy Director of Recreation and Parks*
 Andy Lett, *Superintendent of Recreation*
 Steve Mader, *Superintendent of Parks and Facilities*

We are now accepting Medical Assistance!

City of Rockville residents receiving Medical Assistance through Montgomery County are now eligible to receive financial assistance from City of Rockville's Recreation Fund for their children.

Please call 240-314-8620 for more information.

Satisfaction Guarantee

The City is committed to providing quality programs and facilities. If you are unhappy with a program, we want to know! We will suggest another program to try, or if you prefer, we will give you a credit. That's our "Customer Satisfaction Guarantee" to you.

Individuals with Disabilities

We encourage individuals with disabilities to register and participate in Rockville recreation programs. To adequately plan for a successful and rewarding experience, contact our office at 240-314-8620 three weeks prior to the activity start date. Ample time is needed to secure auxiliary services and aides. For additional therapeutic program opportunities, contact Montgomery County Department of Recreation at 240-777-6870; TTY 240-777-6974. Upon request, this publication will be made available in alternate formats by contacting the ADA Coordinator at 240-314-8100; TTY 240-314-8137.

We Need Your Support!



Rockville Recreation and Parks Foundation

is a 501(c)3 organization established to:

- Improve recreational activities, programs, parks and facilities
- Support the Rockville Youth Recreation Fund
- Assist with fundraising, the acquisition and maintenance of new parks and open space
- Purchase equipment and other amenities for the City's parks and facilities.



Please send your tax deductible gift to:

200-B Monroe Street
 Rockville, MD 20850
www.rrpfi.org • 240-314-8867

Name: _____

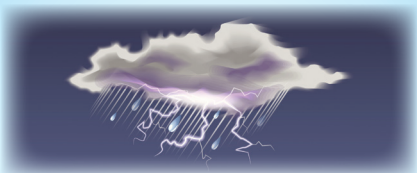
Address: _____

Email: _____

Phone: _____

This gift is in honor / memory of:





Inclement Weather Policy

www.rockvillemd.gov/weather

The City of Rockville works diligently to keep residents safe and informed during inclement weather or an emergency situation. When weather has the possibility of affecting a city program, meeting or facility, every attempt is made to maintain standard operations throughout the city.

Decisions about whether to cancel morning programs or close facilities will be made by 8 a.m. with an update at 9 a.m. A decision on afternoon and evening programs will be made at 1:30 p.m. with an update at 4 p.m. Call 240-314-5023 for updates on recreation classes.

Swim and Fitness Center

Students can check the Swim and Fitness Center website at rockvillemd.gov (click on the “Living In” drop-down menu at the top left of the home page) and register for “Notify Me” to receive information regarding facility closures and program cancellations. Students can also call 240-314-8750 to get specific up-to-date information for each weather event. In the absence of any notice, students should assume programs are held as scheduled and the facility is open.

Keep in touch!

Childcare/Rec. Programs (Info. Line).....	240-314-5023
Classes, Camps, Trips	240-314-8620
Croydon Creek Nature Center	240-314-8770
Cultural Arts (Info. Line).....	240-314-5006
Directions Line: City Hall, Civic Center, Senior Center, Swim Center.....	240-314-5047
Lincoln Park Community Center.....	240-314-8780
Parks and Facilities Maintenance.....	240-314-8700
Park and Picnic Rentals	240-314-8660
Recreation and Parks Administration	240-314-8600
RedGate Golf Course	240-406-1650
Rockville Skate Park	240-314-8620
Rockville Civic Center Park:	
Art Gallery	240-314-8682
Glenview Mansion	240-314-8660
F. Scott Fitzgerald Theatre Box Office	240-314-8690
Rockville Swim and Fitness Center	240-314-8750
Rockville Senior Center	240-314-8800
Special Events Line (Info. Line)	240-314-5022
Sports Line (Info. Line).....	240-314-5055
Thomas Farm Community Center	240-314-8840
Twinbrook Community Rec. Center.....	240-314-8830
TTY (City Hall)	240-314-8137



Nothing cancels a good class quicker than waiting until the last minute to register. If there aren't enough registrations by a certain date, the course may be cancelled.

REGISTER EARLY!



Recreation and Parks Mission Statement

To promote participation by all Rockville citizens in diverse, interesting and high quality recreational and leisure opportunities in safe, modern and well maintained parks and facilities.

MAIN CONTACT: *required information*Primary Phone: _____ ☐ Check here if new address/phone since last time registered.

*Last Name _____ *First Name _____ DOB: / / Sex: M/F

*Address: _____

*City/State/Zip _____

*Secondary Phone _____ * Email Address: _____

EMERGENCY CONTACT: (other than parent or adult participant)

First Name _____ Last Name _____ Phone _____

PARTICIPANTS:


Name (Last, First)	Sex M/F	Birthdate M/D/Y	Activity/ Class Name	Course #	School Attending	Sch.Yr. '15-'16 Grade	Fee

Rec Fund: \$ _____ Sr. Ctr. Mem: \$ _____ Multi-Course Discount: \$ _____
 \$10 _____ \$25 _____ \$50 _____ Other \$ _____ Contribution to Recreation Fund Youth Scholarship: \$ _____
 Total: \$ _____

Special Needs: Participants with special needs should contact our office three weeks prior to activity.

Release, Waiver, Assumption of Risk and Consent

Participation in the program may be a hazardous activity. Participant should not participate in the program unless participant is in good physical shape and is medically able. Participant (or parent or guardian on behalf of a minor child participant) assumes all risks associated with participation in this program, including but not limited to, those generally associated with this type of program, the hazards of traveling on public roads, of accidents, of illness, and of the forces of nature. In consideration of the right to participate in the program and in further consideration of the arrangement made for the participant by the Mayor and Council of Rockville through its Department of Recreation and Parks for food, travel, and recreation, the participant, his or her heirs, and executors, or a parent or guardian on behalf of a minor child participant, agrees to release and indemnify the Mayor and Council of the City of Rockville and all of its agents, officers and employees, from any and all claims for injuries or loss of any person or property which may arise out of or result from participation in the program. The participant (or the parent or guardian on behalf of a minor child participant) grants permission for a doctor or emergency medical technician to administer emergency treatment of the participant and consents to the City's use of photographs taken or videotapes made of the program that include the participant. Neither the instructor nor any of the staff are responsible for participants prior to or after the scheduled program.

*Signature of Participant/Guardian 

PAYMENTAmount Paid \$ _____ Cash ☐ Check # _____
☐  ☐  _____ Exp. Date ____/____/____

Signature (name on card) _____

OFFICE USE ONLY:

Check _____ Cash _____ Charge _____

Other _____

Processed by: _____

Date Processed: _____

Total Paid: \$ _____

CONTACTO PRINCIPAL: *información obligatoria

*Teléfono fijo: _____

☐ Marque este casillero si cambió su dirección/su teléfono desde la última vez que se inscribió.

*Apellido _____ *Nombre _____ Fecha de nacimiento: / / Sexo: M/F

*Dirección: _____

*Ciudad/Estado/Código postal _____

*Teléfono del trabajo _____ * Dirección de correo electrónico: _____

CONTACTO PARA EMERGENCIAS: (que no sean los padres o un adulto participante)

*Teléfono fijo secundario: _____ Apellido _____ Teléfono _____

PARTICIPANTES:

Nombre (Apellido, Nombre)	Sexo M/F	Fecha de nacimiento D/M/A	Nombre de la actividad/clase	N.º de curso	Escuela a la que asiste	Año escolar '15-'16 Grado	Tarifa

Fondo de rec.: \$ _____ Miembro de hogar de ancianos: \$ _____ Descuento por asistencia a varios cursos: \$ _____

Contribución adicional al Fondo de recreación: \$ _____

Total: \$ _____

Necesidades especiales: Los participantes con necesidades especiales deben comunicarse con nuestra oficina tres semanas antes de desarrollar la actividad.**Descargo y exención de responsabilidad, asunción de riesgos y consentimiento**

Participar en el programa puede ser una actividad peligrosa. El participante no debe tomar parte en el programa a menos que se encuentre en buen estado físico y sea apto desde el punto de vista médico. El participante (o su padre/madre/tutor en representación de un niño menor participante) asume todos los riesgos asociados a su participación en este programa, incluidos los que suelen asociarse a este tipo de programa, los riesgos de viajar por caminos públicos, de sufrir accidentes o enfermedades, y de exponerse a las fuerzas de la naturaleza. En relación con el derecho de participar en el programa y con los arreglos hechos para el participante por el Alcalde y el Consejo de Rockville a través de su Departamento de Recreación y Parques en torno a la comida, a los traslados y a la recreación, el participante, sus herederos y albaceas, o su padre/madre o tutor en representación de un niño menor participante, acuerda exonerar e indemnizar al Alcalde y al Consejo de la ciudad de Rockville y a todos sus agentes, funcionarios y empleados de cualquier reclamación por lesiones o pérdida de cualquier persona o propiedad que pudiera surgir o resultar de la participación en el programa. El participante (o su padre/madre/tutor en representación de un niño menor participante) otorga permiso para que un médico o un técnico médico de emergencias administren tratamiento de emergencia al participante y acepta que la Municipalidad use fotografías o videos del programa que incluyan al participante. Ni el instructor ni ningún miembro del personal son responsables de los participantes antes o después del programa establecido.

*Firma del participante/tutor **PAGO**Importe pagado \$ _____ Efectivo ☐ Cheque N.º _____

Vencimiento Fecha ____ / ____

Firma (nombre que aparece en la tarjeta) _____

SÓLO PARA USO DE LA OFICINA:

Cheque _____ Efectivo _____ Cargo _____

Otro _____

Procesado por:

Fecha de procesamiento:

Total pagado: \$

Four Easy Ways to Register!

Registration Begins:

- Tuesday, Dec. 1 (swim center and senior center members)
- Thursday, Dec. 3 (all)

Registration Deadlines:

- The registration deadline for all activities is two weeks prior to the start of the class unless otherwise noted.
- Programs may be cancelled if registration is insufficient. If a program is cancelled, we will contact you. You may then select an alternate program, request a credit or a refund.
- Late registrations will be accepted if space is available.

Registration Form and Payment:

- Complete the registration form. You may combine recreation activity fees in one check, made payable to the City of Rockville. Note: \$35 returned check charge.
- Visa and MasterCard also are accepted for payment.

Credits and Refunds:

- If staff cancels a class, refunds will automatically be issued.
- Our programs require advanced planning and purchase of supplies to provide a quality experience, therefore requests for a refund or credit must be submitted in writing to the program supervisor at least seven days in advance of the start of the program. Less than seven days prior to the start of a program, requests for a refund or credit will be considered if accompanied by proper medical or other requested documentation. Proration and administrative fees apply.
- The following administrative fees are charged for issuing a refund or credit: programs/classes \$15; summer playgrounds \$25; childcare \$50; senior programs \$10; sports teams \$100; individual sports participants \$10; swim \$10; teens \$10. A credit will be applied to your City of Rockville account for registrations under \$20 (exceptions: nature, senior, swim and teen programs).
- We are committed to providing quality programs and facilities. If you are unhappy with our services, please contact us. We will suggest another program to try, or if you prefer, will give you a full credit or refund your money. That's our "Customer Satisfaction Guarantee."

Transfers:

- Requests are subject to availability and must be in writing. Registrations cannot be transferred from one registrant to another due to wait lists. Note: \$25 fee is assessed for child care programs.

Discounts:

- Multiple class discounts may not be combined. One discount will be applied per person/per registration.



Most convenient method.
7 days a week.

1. Online:

- www.rockvillemd.gov/recreation
click on Rock Enroll Registration under "Quick Links"

2. Fax to:

- Rockville City Hall - 240-314-8659
- Rockville Swim and Fitness Center - 240-314-8759
- Rockville Senior Center - 240-314-8809
- Croydon Creek Nature Center - 240-314-8779
- Lincoln Park Com. Center - 240-314-8789
- Thomas Farm Com. Center - 240-314-8849
- Twinbrook Com. Rec. Center - 240-314-8839

3. Mail to:

- Rockville City Hall, Dept. of Rec. and Parks
111 Maryland Avenue 20850
- Rockville Swim and Fitness Center
355 Martins Lane 20850
- Rockville Senior Center
1150 Carnation Drive 20850
- Croydon Creek Nature Center
852 Avery Road 20851
- Lincoln Park Community Center
357 Frederick Avenue 20850
- Thomas Farm Community Center
700 Fallsgrove Drive 20850
- Twinbrook Community Recreation Center
12920 Twinbrook Parkway 20851

4. Walk-In:

- All locations listed above accept walk-ins. Hours vary by facility. Call in advance to avoid unnecessary trips.



Use your smart phone
for quick access to
our website.

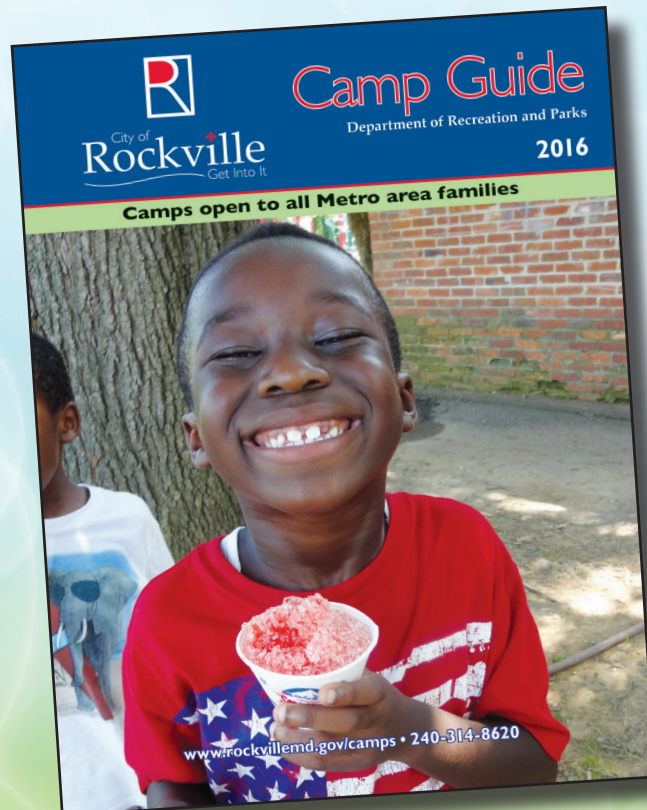
City of Rockville
111 Maryland Avenue
Rockville, Maryland 20850-2364

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Summer Camps 2016

The Camp Guide will be available at
www.rockvillemd.gov/recreation
and **all city facilities beginning Jan. 4.**



Save the Dates

Camp Registration Begins **Tuesday, Jan. 19**
Camps Begin **The week of June 20**

240-314-8620 • www.rockvillemd.gov/camps